

EXCLUSIVE

THE PRIME MINISTER'S FIRST INTERVIEW

Stephen Harper on his hospital visit, David Emerson, abortion, and shaking hands with his kids. P.12



MACLEAN'S

MAR.
6th
2006

CINDY KLASSEN

OUR GREATEST OLYMPIAN

How a hockey castoff led Canada to its best Games ever
P.34



SHOULD HAVE BEEN ME! P.26



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'Breastfeeding doesn't magically fit in with a hectic, globe-trotting lifestyle. It takes patience and commitment—and is just what your baby needs.'



DE MONTY: How can breastfeeding succeed in a hard-to-figure-out?

precise. Perhaps my experience as the other end of the spectrum isn't so weird, but it is one that women should know about: Cara Bohné, *Westmount, N.B.*

As one who has heavily lived stressful, one-on-one, breastfeeding moments, I was surprised to find there were people out there who can't understand why any of us have trouble with the task. All their preaching about the quality of breast milk (we know this, that's why we're trying) and of the looking down their noses at breastfeeding moms doesn't help us in these fragile first days. Thank you for this heightened look at the issue, and for being gentle on those of us with the best intentions. Terrie Clonker, *Ontario*

My Savings could have saved her \$1,000 by making a few good breast-feeding tools before her baby was born. Perhaps some yoga mats could have been spent learning how to effectively round her belly. Amanda Pihl, *Hillborough, Ont.*

This honest and refreshing article on breastfeeding should be required reading in every parenting class in high school. Lori Anderson, *St. Paul, Ore.*

Breastfeeding is not a Type-A pastime. It doesn't magically fit in with a hectic, globe-trotting lifestyle; you can't order it up online or phone for delivery within 30 minutes or it's free. It takes time, patience and commitment, and is just what your baby needs. Jean Kuehn, *Oakville, Ont.*

Forever Young

Neil Young has done everything, I think, for rock, folk, pop, blues, country, rockabilly, you name it. Neil's 30th birthday (Feb. 30) Canada should be proud. *Heath Kneiss, Lexington, Ont.*

Literacy, wherefore art thou?

In the article "Back to School" (Feb. 20), Kieren Zuger quotes would-be teacher Rod Taylor saying the best contribution he can make is "teaching senior high school kids how to read Shakespeare well enough to get into university." As an instructor at a tertiary technical institute, I see many students who don't understand English well enough to produce any sort of written material that could be considered decent. As a grammar corrector, and who knew virtually nothing about correct punctuation. A lot of them find their way to either they can't follow directions on assignments or read the questions on any means. I don't dispute that the words of Shakespeare are important, but not more so than basic English reading and writing skills. Bruce Robby, *Edmonton*

Curious George credits

Although it does appear on the new Canadian George soundtrack, *The Shogun* song was not written by Jack Johnson, nor was it sung by him, as is implied in "Jack Johnson has something to say" (Feb. 20). Is the liner notes you I find that the song was actually written and sung by pianist/poet Zach Gill, and drummer Adam Jorg? Drew Hinderson, *Vancouver*

MACLEAN'S

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Here comes the charm

Look out, MTV cities—Stephen Harper and the Tories want you



PAUL WELLS

"I've worked in other governments," says of Stephen Harper's new minister and the other evening, "and this guy's engaged." The minister in question named two recommendations for chief of staff for his Ottawa office. He didn't know either so he wrote to the Prime Minister's Office suggesting his own preferred choice. Three hours later Harper had approved the candidate personally. Another minister had his own choice for chief of staff named, by Harper, just because the big guy isn't always willing doesn't mean he isn't always working.

The new Prime Minister is the first person of a higher student who has been named after scoring a 50 per cent on an exam, the first question is, "How did you do the other eight per cent?" Within days of the Jan. 23 election, senior Conservatives—senator Patrick Mouton, politician Robert Patenaude, lawyer and Doug Finley—had begun pouring over the election returns, trying to determine who didn't vote Conservatives and how many of them might be persuaded to change their minds. Recall that Harper began directing a charm offensive of Quebec as soon as the 2004 election was over. Look at where he met disappointment in 2005 and you can see where he will concentrate his efforts going forward.

In Atlantic Canada, the Conservatives made only modest gains, where they had hoped the pleasant surprise they found none. Peter MacKay is the new foreign minister and minister for the Atlantic Canada Operations Agency. He will be the first to go on a special trip to Atlantic Canada for the election period. He will bring the two halves of his portfolio together whenever he can. When Newfoundland's Deputy Premier wants to divert the Lower Chamber of Nova Scotia's new premier Rodney MacDonald to deliver remarks on an engaged PM to deliver remarks.

Together the so-called "MTV Cities"—Montreal, Toronto, Vancouver—constitute of federal seats, more than any other province except Ontario and Quebec. The Conservatives were short out of these three big cities on election night. Harper's campaign cabinet appointments for the old Liberal David Emerson and the outgoing Michael Fortin were the beginning of a new charm offensive against Canada's urban populations. Even if the Emerson and Fortin appointments had been welcomed, more of a new Tory urban strategy would be on the way. Since they weren't, it will be

needed. Which Lawrence Cannon, minister for transport, infrastructure and communities. He needs to demonstrate that the Tories can make life better, not worse, in the MTV cities.

Right days after the election, Mark Marney, the Liberal's health minister, declared strategy, had a column in the Vancouver Star gleaming about the power Liberals had delivered to B.C., and predicting Alberta would swing it over to the Tories. "Who will become B.C.'s champion under Stephen Harper?" he



WELLS AND THE POLICE? Harper must show that he'll make life better, not worse, in Montreal

Harper is like the parents of a child who scored 92. "Where did you lose the eight per cent?"

asked. Emerson put his answer on Feb. 8: not just Emerson, but Stockdale, Doug Gwyn, Louis and Chuck Strahl. The four are responsible for Trade, Public Safety, Natural Resources and Agriculture. Harper knows that power and money were just of the Liberal path last time and that they will be not first. He will have to deliver power and results in B.C. if he is going to fight back Liberal advances.

Emerson, mindfully, reserves the most intriguing card in Harper's West Coast deck. He is minister for trade and for the "Pacific Gateway," a plan to substantially build up ports, pipelines and highway infrastructure to make B.C. Canada's link to the Pacific Rim. As with MacKay, you should think of Emerson's two jobs in complementary, not contras-

decy. Imagine a trade minister who could put the westward dipstick with the U.S. to the whole world. There is no better place than British Columbia for a new transcontinental Canadian international trade route. This is not a guarantee, but it'd be nice to see.

Harper will never have to combat old-fashioned conservative views—a belief in open borders, open markets, bold initiatives with a conceptualization that catches his detractors off guard. Here's a modest suggestion: Last spring I wrote that the Liberals should remove tax requirements for voters from liberal and eastern Canada. Joe Volpe, the Liberal immigration minister, didn't lift a finger. By stopping Poland, Estonia, Czech and other visitors in frigid in their countries

now welcome Canadians, Miron Solberg, the new immigration minister, could reaffirm Canada as a country that's open to the world, begin to win back some of the voters we have lost in the European Union and elsewhere. Miron Solberg, who was named by a right-leaning Conservative minister, European minister.

Just as conservatives can win for the Conservatives, it is win for the Liberals if they can't the titular, national institutions that are rising in that wretched party. The successors of the highest young Liberals in Ottawa—Duncan Hargrove, Fikri Barakat, Ron Hartley, Wilson McGill and others—will step a policy correction for their still leaderless party. They should remind themselves that the last time the Liberals looked for new ideas, in April, Ques, in 1999, they needed to come back to the centre after a wasted decade of chasing right-wing populists. If they remain clear-eyed, they can help ensure their party doesn't waste another decade. ■

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Hurray! No one's watching.

The Olympics' decline signals their success. But now what?



ANDREW POTTER

If the Olympic movement run its course! Television ratings in both Canada and the United States were way down for these Games, with both the CBC and NBC prime-time broadcasts losing out to new programming from their competitors. Over in Tampa, many supposedly unique events, notably figure skating, took place in half-empty arenas. Is this the beginning of the end for the largest sporting event in the world?

The Wall Street Journal thinks so. In an editorial published just days after the Tampa Games, the paper argued that the chief appeal of the Olympics in the past was that, of all the proxy wars fought between the forces of freedom and the forces of totalitarianism, are dancing and the luge were probably the most innocently unassuming. With the end of

that's what happens when you allow sport to become the purview of politically astute men.

As countries stop competing at the Games, we shouldn't be surprised to find that fewer people are tuning in to watch. Many of the traditional events don't really pull their weight as spectator sports, as evidenced by the absence of a serious base league or North American circuit. More often than not, the athletes' skill or training or artistry available to the untrained viewer, revealed through minor-second differences in split times or burst as in the inevitable decisions of an anonymous plethora of judges. What makes the Olympics worth watching is not what the athletes are doing, but the uniform they are wearing. Those of us who cheered on Pierre Lueders in the bobsleigh did so because he's Canadian, not because we have the faintest appreciation for why that sport even exists.

There was always something rather ridiculous about the International Olympic Com-

to really embrace the modern world, the IOC just needs to go an extra step and become truly representative by doing away with countries as the Olympic subgroups. Get rid of the flags and make the Games a greater competition between individuals under the Olympic banner. Or, if we must have teams, here's an idea: Many athletes already get the bulk of their funding from corporate sponsorships, so why not let corporate sponsors create teams? I'd just as soon see Wal-Mart or Starbucks at the top of the medal standings as I would China or Sweden.

Or the likely consequence of all of this would be a serious overhaul of the schedule of events, cut out with the old and unnecessary, in with the extreme and popular. This is in fact what the IOC is already doing, so a certain course. The sports that got most of the attention (and then) at Tampa were the ones with all of the fancy branding and the hyper marketing. Events such as snowboarding and freestyle skiing rule the Winter Games, just as beach volleyball ruled and emerged the most popular sport at the Summer Games. Not only might such unsexy help revive the Games' sagging fortunes, but it would be more faithful to the original (and best) spirit of the Olympic movement.

Instead of lamenting the lowly affair the Olympics has become, we should embrace it

the Cold War and the rise of globalization, international events such as the Olympics are obsolete. But, if the Journal is right, then perhaps we shouldn't actually think of the declining interest in the Olympics as a sign of the movement's failure, but as its success.

The relationship between Olympism and nationalism has always been pretty confused. On the one hand, if the fundamental principles of the Olympic movement sound like the lyrics to John Lennon's Imagine recast as a hymn to peace: "The Olympic Charter explicitly states that the Games 'are competitions between athletes as individuals or teams and not between countries.' The Olympic Trust, first declared in 1991, holds that athletic competition has the power to promote unity and peace by abolishing boundaries.

You could have fooled me. The charter may endorse sport as "a way of life based on the joy found in effort," but it promotes that way of life through flag-waving, anthem playing and a rank ordering of nations by medal count. The fact is, for all its happy-go-lucky slogan, the Olympic movement has always found its motivation in nationalism. It is all well and fine for everyone to mutually denounce Hitler for using the 1936 Berlin Games as a showcase for Nazism, or to express horror at the murder in Munich in 1972 of 11 members of the Israeli team by Palestinian terrorists, but



WHO NEEDS FLAGS? The Games ought to be a greater competition between individuals.

editorial founder Pierre de Coubertin's idea that a quadrilateral gathering of nationalistic athletes would lead the way to a borderless world of peace and harmony. Unsurprisingly, commercialization and professionalization appeared as the modern Games almost inevitably, along with other complications such as drug use and the participation of women. In his excellent book *Olympics in Adversity*, the Israeli diplomat Michael Liewellyn Smith suggests that, instead of lamenting the lowly affair that the Olympics has become, we should embrace it "as a triumph of modernity, capitalism, consumerism, sporting prowess and celebrity culture."

Meanwhile, nothing would prevent countries from continuing to invest in amateur sport. Indeed, if we truly value one of the fundamental principles of the Olympic movement—that "sport is in the service of the fair-minded development of man, and a new way of encouraging the establishment of a peaceful society"—then national pride is irrelevant, it is not governments that should invest in amateur sport simply because a makes better citizens, and if it doesn't, then it isn't clear why governments should be involved. If the Games can't survive a move to true commercialized competition, then Olympism is a more obscure ideal than it already seems. ■

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there is no luxury



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ILLUSTRATION

Drawing on the past
With Disney Feature Animation's debut in its new traditional hand-drawn animation format, Disney Media reports that the company has done, which switched full-time to computer animation last year,

One billion served
It wasn't that long ago that record companies were wringing their hands and fighting digital technology tooth and nail. Then Apple's iPod came along with its revolutionary online business model, iTunes. Last week, just shy of its third anniversary, the Web-based music store logged its billionth download. Alex Gromov of West Bloomfield, Mich., made the landmark purchase. Speed of sound? It was a first in a collection that's roughly the speed at which Apple went from being a personal dig to the company that saved the music business.

Dubya and Duba!
Plans by a Dubai-based firm to take over management of an U.S. port has plagued Congress since bipartisan legislation was passed to give the White House making a similar move on the issue. Both Republicans and Democrats are arguing that if Dubai Ports World is allowed to take over the facilities, it will pose a threat to U.S. security. This is because the firm's employees, other U.S. ports are managed by firms from Singapore, Taiwan, Japan and South Korea, no longer followed their policies. Dubai as a U.S. ally in the war on terror, and America has long been welcoming of foreign investment. As presidential adviser Karl Rove said last week, "It's important to our standing in the world that the message be sent, if you are an ally of the United States, that we will treat you fairly and equally."

Firm but fair
The Canadian government has finally responded to the surprise victory of Hamas in January's Palestinian elections. Foreign Minister Peter MacKay joined a long list of Western political leaders calling on Hamas—described as a terrorist organization by the U.S., the EU and Canada—to renounce violence and recognize Israel's right to exist. He did not immediately withdraw Canada's \$35 million in annual aid and \$40 million in one-time special aid. Instead, he put the hands under review. MacKay said he believed Hamas deserves a "reasonable opportunity" to work with Israel before he withdrew. There's little hope that Hamas will seize the opportunity being offered, but it was a reasonable position for Canada to take.



BACK TO BASIC: With Disney Co. reviving hand-drawn animation

has hired James Heister (creator of *Belle in Beauty and the Beast*) to produce hand-drawn sequels in classic Disney style for the upcoming movie *Enchanted*. Hill also says the studio may start up a unit to create full-length traditionally animated feature films. Dream power!

Sami Jo shafted
There was only one sour note to emerge from Team Canada's women's hockey victory in Team Olympics: the fact that women's teams can only consist of 20 players—18 skaters and two goalies, whereas the men's teams can have 23 players, including three goal-

tenders. As a result, Canada's third-string goalie, Stacey Smith, who travelled with the team as an alternate, participated in every practice, and was a consummate team player, cannot become a substitute. There are still some noticeable double standards alive and well in the world of sports, and it's time the IOC coded this one.

Let's do gooder
Portugal has awarded Bill Gates the Order of Infante Dom Henrique for his humanitarian work. Gates's USA29-billion charitable foundation is fighting AIDS in Brazil and malaria in Mozambique, among other problems. There's all well and good for the Microsoft founder and recipients of his largesse, but it is a hard-to-argue case that Canada's entire foreign aid budget is \$1.5

billion (Canada) annually, with large portions of that money devoted to helping China build roads, hire bureaucrats and train its farmers to better compete with Canadian livestock producers.

Couldn't be worse
Investors who traded their money to Northfield Financial Group saw their worst fears realized this week. The firm, founded in the early 1980s by John Northfield, has been in receivership since June, and now investors have been told they'll be lucky to recover 50 cents on every dollar they invested. Securities regulators and police are still investigating the case, but the receiver, RSM Kohn, has reported that most of the money given to Northfield was transferred to Barbados and the Bahamas, and little of the cash was ever actually invested. At one point, Northfield boasted assets of close to \$1 billion, but so far receivers have only been able to recover about \$5.1 million.

Bookin' the butcher
There's word that Stefan Minkov, the brother of Bulgarian anti-corruption chief of the Romanian Civil Service during the 1990s, will be charged with the murder of a man, may finally be about to be released and flee to the Hague. It is dangerous that a man taken along to bring him in. If he were shown to have been in a position of power, but no one was willing to risk the heat and go after him (he was being protected by "red secret" security forces put together by Bulgarian Minister) Now that he may be arrested there are from the Russian situation, an uneasy balance between Serbia and Moldova since the civil war ended, may never reach a point of control. As for the prospects of justice in The Hague, Minkov has already shown how much fun one can have with this. It



7 DAYS
A LOOK AT THE WEEK OF MAY 20

AN OLYMPIC-SIZED DOUBLE STANDARD, BILL GATES'S GENEROSITY PUTS US TO SHAME, AND APPLE HITS A BILLION DOWNLOADS

GOOD NEWS

BAD NEWS



7 DAYS

Ocean power

Canada's electrical authority recently announced plans to sink a huge underwater power turbine, the first of its kind, to use ocean currents to generate electricity, enough to provide the island of 65,000 people with 50 per cent of its power.



BEHIND Ocean currents power

Chip breakthrough

IBM has announced a breakthrough in creating more powerful computing chips without resorting to radical and expensive new technology. A process break-through allows tiny deep ultraviolet lithography to etch stable chip materials to create circuits only barely 50 nanometers wide. Previous techniques were thought to fall below 40 nanometers.

DNA and nannies

Can DNA help investigators find the nannies of crime? Researchers are proposing a method that examines the genetic traces left on items that have been touched. Since the male-defining Y chromosome is passed from father to son, the nannies, DNA samples from a crime compared with a potential database of DNA-linked nannies could help narrow suspects.

Eel sax

Ontario fishermen have explained the hitherto unknown mating habits of Japanese eels. The fish migrate in freshwater but spawn in the sea, just where was unknown.

A WEEK IN THE LIFE OF RALPH KLEIN

The Alberta premier started the week by addressing the province on television and ended it by flying to Ottawa to remind the Prime Minister, in between, he reportedly defended his soft-spoken wife, Collette, who was "denigrated" by the untruthful accusations of a so-called friend of the premier that she was secretly married to The Western Standard. They said she's addicted to the perks of his office and shelved the movie star that it was once said she'd be "just as hot as Indiana."

WILD KINGDOM

Pandagarten

The Wolfgang Puma Panda breeding Center in west-central China has opened a "Pendergarten" for five female and 11 male baby pandas in a bid to teach them better social skills. Breeding centers hope that male pandas sent from their parents and group play will aid the notoriously uncooperative pandas to improve birth rates.

Hog and bongo

In the latest in a phenomenon of animal odd couplings, a Red River hog named White and a bongo named Black, two animals at the Los Angeles Zoo, have paired up. When White's hog mate died, he took a dislike to the bongo, afraid of snakes, who shared the hog's pen. At first Nicole Robertson, his new caretaker, thought the two were one another and might be safe by side.

Jurassic beaver

An extraordinarily well-preserved fossil from the Jurassic period that was found in China recently appears to be a prehistoric beaver with web-like teeth for muddling. The detailed beaver fossil suggests thousands that may have begun to spread and diversify before dinosaurs became extinct 65 million years ago.

Brawling bunny

A Norwegian dog-trail driver was taken by surprise on a trail last week by an aggressive hare. Werthe Offenski was mauling her dog when she had jumped among the bushes. "The dogs



PARADE Bitter-sweet dolls

were popular," she said. The exhibit then jumped from their death, being a few days' news during the effort.

Stud leopard

Driven as a 19-year-old top stud who resides at Winnipeg's Assiniboine Park Zoo. He's been hated for his unusual fondness, having fathered 11 kittens, more than double the average for members of his species. Zookeepers attribute his prolificness to good medical care and a daily diet of rabbit, beef and chicken.

MORTALITY

Penalty of education

Highly educated individuals who contract Alzheimer's disease are more likely to decline faster than other people. A study that followed 112 people for an average of 5.6 years found that for each additional year of education a patient had, the rate of decline increased by a point.

Films rock

Men in their fifties have more satisfactory sex lives than their parents did in their twenties and thirties. Of 1,311 Norwegian and

THE WEEK AHEAD: THE EXQUISITE, THE HOPEFUL AND THE SORDID

The Cobra cigar runs 40 and will be commemorated at gala celebrations in Havana with a limited production of 400 hand-rolled cigars, 100 rare, high quality cigars each. Nobel Networks Corp. will unveil a \$2.4-billion R & D program including the most advanced telecommunications equipment make a major player in 21st-century communications. Former pop performer Gary Glitter goes to jail in Vietnam for allegedly committing obscene acts with underage girls.



a stray dog to confine and devour odd guests. Her father, Kanda Mwaka, led three days of ceremonies to mark the girl's marriage to the dog.

Slow to learn

Teenagers in Salt Lake City led police on a chase last week over a neighbourhood watch group reported motorist shooting. Police chased the car but the suspect forgot to take the parking brake off. Speeds of more than 90 km/h were observed.

POLL WATCH

Good car, nice car

Half of British motorists tell us their vehicles, offering words of encouragement and even going there at the end of a parking lot. Of 2,000 people surveyed, 40 per cent said they would have purchased, and 20 per cent of British women would say no to new cars.

WISH WE'D SAID THAT



"The idea that gay people have to remain what someone doesn't work for straight people against, I think it is a bit tragic." I'm looking forward to gay divorce. —Ray Gange on gay marriage

KIDS TODAY

Avoiding the evil eye

When the upper torso of a 17-month-old girl in eastern Israel appeared below her lower torso, her family members of the South that, took, as a bad omen. "To remove the 'evil eye' that had fallen upon her, the girl married

liquid rice to a level of 90 cm in cornstarch and rice. A police spokesman from a nearby town says much in connection with a 1994 robbery at the Salt Lake City movie palace in nearby Manhattan. "Someone" Wilson was out on bail when the woman's beauty contest a year ago. Police allege that at the time of Wilson's arrest and four others were planning to visit into another outrage parole.

Mountie memory

Police Officer Robert McCrete, Cpl. Leslie Bredt recognized a former pilot in the window of a vehicle ahead of him last week as having been missing for five years. He led to the arrest of a pilot who had been missing from his car.

Sharp-eyed

Sharp officials may introduce new safety rules governing public places, which are highly popular in the Netherlands. At least 120 people are required to play at least one hour, 30 per cent of whom seek medical help for ailments in their eyes.

Holy hotties

After their last industry workers judge others on their looks. Member North Dakota's Holy Hotties, a former stripper, years started "J's Girls, Girls, Girls," to spread the Gospel to sex-industry workers. She bards out while wrapped in T-shirts that are labeled "Holy Hotties." Of the 100,000 people, the "greatest girl-by-girl person that NBC ever had."



Math woes

Ray Charney, an Indian farmer, would be wouldn't get married until he completed his high school course. Now 72, he's about to take them for the 37th time. He first began trying when he was 35. Charney, "Math has always been a difficult subject for me, but this year I am sure I will clear it."

Mothers of luck

After the legends of this, Germaine, where a track holding 240,000 lire of piggy banks burst last week. The girls' names

Bandit queen?

A former Miss Toronto Tourism beauty queen from a nearby town says much in connection with a 1994 robbery at the Salt Lake City movie palace in nearby Manhattan. "Someone" Wilson was out on bail when the woman's beauty contest a year ago. Police allege that at the time of Wilson's arrest and four others were planning to visit into another outrage parole.

IN PASSING

Paul Mercier, 64, architect and former chairman of the Vancouver Board of Trade. A body former U.S. football player, previously nicknamed the "Huge" and "The Godfather." Mercier and the bank broke through the US\$1.4 billion in questionable loans that led to the collapse of an Indian financial institution, the Banco Amador. Mercier's role was never fully investigated.

Care Gowdy, 66, American sportsman who for many years was the voice of the Boston Red Sox. Gowdy later went on to cover Super Bowls, the Olympics and NCAA basketball finals. He was described by TV sportsman Dick Eberl as the "greatest play-by-play person that NBC ever had."



JO & PESSAGER 99999: The higher the heat, the closer to God



"The other day we were complaining about something, and I said 'Why doesn't the PM do something?'" It takes a while for it all to sink in'

STEPHEN HARPER TALKS TO LINDA FRUM

Inside Stephen Harper's Langvin Block office, the atmosphere is surprisingly calm. Chief of staff Ian Kneib, executive assistant John Walsh, and press secretary Carolyn Stewart Olsen leave clear by Mr. Harper's side as he sits in his office. He is looking through his agenda on a schedule. There is a congratulatory call to Olympic skier Cindy Klassen, a press announcement about the new Supreme Court justice, and a number of individual briefings with members of cabinet. 12th of them in total, each of whom are entitled to 15 minutes of his time with the new boss. *And the House of Commons resumes in April. Harper will continue to have more workdays in Ottawa than in his home town of Winnipeg, where he was born, rather than the ground, Ottawa PM's on the Hill, as his headquarters. The Privy Council Secretariat is in the room, and the day, walking through a good fit for the new Prime Minister. Sitting down for his first one-on-one interview with the election, Harper appears more relaxed than you might expect for a man who has just made headlines for critically important decisions in a period of only a few weeks. And while he is not known for his great love of the media, he considers every question and answers thoughtfully—taking a pause to request his companion when the subject of his father's death comes up—until Olsen reminds him it's time to move on to the next task.*

What risks are you in your mind from this election night? You're not, but my hunch. Did that ever do something?

That's not unusual. My children before they reached 1 did not think we were going to get

a majority. So I don't say I felt any sense of disappointment. My wife, I did have mixed emotions when everyone else was celebrating. I had an overwhelming sense of responsibility at the same time.

Q It must be an extra duty feeling to suddenly realize that you are the one in charge of everything...
When big things happen in your life, marriages, births, deaths, very big events, which for me, this would obviously come as one, it takes a few days for the enormity of it to sink in. Around the time I told the other day we were talking to somebody who had come to visit us. We were complaining about something in the government and I said "Why doesn't the prime minister do something about this?" So you know, it just takes a little while for it all to sink in.

In the first few days after the election you had an autism attack.
Well, that's actually my question. Some people around you suggested that your health was a private matter and not an appropriate topic for the press. Do you agree?

I think that if the prime minister has a serious health problem it's not unfair to cover

that. But you don't make one up just to have a story.
But as Prime Minister, you are public property now. You are our constitutional hero. Are you comfortable with that?

Well, that takes a lot of getting used to. I'm not in public life to be a celebrity. I understand that it is a huge part of the job but it is not part of my motivation.
In the first few days after you became Prime Minister, there was that photo of you shaking your son's hand as you dropped him off at school. You seemed a bit of a cryer for that photo. Was that hard for you?

A I just laughed at it. Nobody would see it. Nobody would see a constitutional hero as a father. I was in Grade 4. You would not have a Grade 4 son going to school. So somebody who wrote that doesn't know anything about children and schoolers. But shaking hands is a little bit of a family tradition—it goes back to my dad and has a lot of "it's" meaning for me.

My mother-in-law says that when you get into a new job you should wear 100 days to get the lay of the land before making big decisions. You come out of it grinning and extra long campaign and then, with two weeks, you had to make a decision of whether that will define your government for years to come. Did you have the time, to your satisfaction, to properly research and weigh those decisions?

Yes. Because I really worry people have been covered about me by now so I think a few

days ahead. Not to say that I made the decisions before I got here, but I certainly knew what the parameters of the options were. And I wouldn't disagree with that concept of running an organization, but political realities are different. Political realities are that you are expected to make decisions fairly quickly. To be blunt, the world here is not driven by the best management considerations. The world here is driven by media demands to have instantaneous news. I made a decision about the most senior positions in the civil service, the Supreme Court, the cabinet, the executive, senior judicial positions, and major academic and positions very quickly. But on the other hand, I didn't just start thinking about them in June '04.

Quick decisions can make mistakes.
They can. But I am happy with all the decisions.

Well then, let me be blunt: was it stupid to appoint Emerson?

No. I was absolutely aware of what the criticism would be. But I want the best people in cabinet. And I want to broaden the base of our party beyond those who voted for it. And so that decision was made full well knowing what the criticism would be, and it was made on the basis of the merits.

You say that, but did you really understand how angry our core constituents would be?
Most of the anger has now come from there. Most of it has come from the Liberal party, the opposition parties, and elements of the media. And this is where we expected the bulk of the criticism to come from.

When you make decisions, who do you consult? Whom do you trust?
It depends on the decision. Part of the reason you are under in government is that it is a media world, and we are trying all the time to guard against the loss of information. So, you have to keep decisions fairly tight. On those decisions it is a combination of the cabinet team, senior bureaucrats, senior members of my staff, and occasionally our side advice.

But is there anyone in your circle that you routinely look to for advice?
One of the things that I have realized is that there's no point, pointing to advisors or having big processes. In the end, the prime minister will get the blame or the credit for any decisions that are made.

That seems to confirm the suggestion that it often said that you are not someone who is comfortable delegating decision-making responsibility. They say how worked for you as Opposition leader, but as Prime Minister, can you run a government that way?
Well, I delegate a lot of decisions, otherwise we couldn't have run this campaign that we're in. I couldn't have made all the decisions. But the kind of decisions we're making about cabinet, Supreme Court, clerk

of the Privy Council, senior ambassadorial positions, these are prime ministerial decisions. No leader would responsibly delegate those decisions to other people.

Q As prime minister, Paul Martin got bogged down in day-to-day politics, which is why he is, but which has a way of trumping long-range planning. How will you avoid making that mistake?

Well, it's not easy. But we run on a clear platform. We have a bunch of things we want to do and some top priorities among those various things. In the group, we're going to proceed with a short agenda that reflects our top priorities. When we move into the fall, we'll move into the wider agenda that we decided in the platform. And over that time we'll start to build some plans that go beyond what we had in our platform. I think the challenge is, because of the nature of the media drive in this business, you have to respond, frequently, to short-term things. The key is to figure out which short-term things really require a response versus which we can wait a week from now. And that's just an art form. We have 27 cabinet ministers, and we need to make sure that they all get some air and appropriate things they all come up with agenda and plans of their own.

Yes, but not, while going to run the discipline of the campaign, the discipline of the platform in the way we govern. We developed a considerable consensus within the party and for that matter within the country, on our top priorities. To move ahead with other issues will require a lot of consensus. We don't know when the next election will be. It's why we want to have a disciplined agenda so we get on with accomplishing things quickly, and that whatever that next election is, we will have accomplished the most important things first.

On that point, there is no way of knowing how long that momentum will last. Does that mean you are now campaigning as much as you are governing?

A We've made no secret of the fact that when you are in a minority, in a sense you are always in a campaign. But it's probably not a bad thing to remember when you have a majority that it doesn't mean that everything you do is to be popular. But everything you are doing has to be in the public interest. And I've got to say, in due course, justice to the population. I've been attached to much in the past few years it doesn't matter to me. I always ask myself what will the public's reaction be to such and such a decision, such and such a move, and then we get to the next election, when the public actually makes a judgment. So it's temporary

reaction of a citizen or whatever, they don't really mean anything. You have to ask yourself, "How is this going to look to the public in due course?" And that should always guide you. And sometimes, you'll proceed with things that are apparently unpopular because you know in due course they will be okay to justify. But if it's a year, or two, or three down the course you still won't be able to justify it, then that's a wrong decision.

According to an innovative decision poll, 80 per cent of the people who did not vote Conservative that day say they didn't do so because your party is too extreme. In order to get a majority,



Shaking hands is a family tradition. 'It goes back to my dad and has a bit of an "in" meaning for us'

are you going to have to convert those people. How are you going to bring these in without becoming another version of the Liberals? I don't want to predict the next election. Like a large degree, the campaign that we've waged against—more—was a civil campaign. Both times it worked and it failed. It worked in that it ultimately thwarted us from winning a majority. But it failed in that it was waged against us by a government that was supposed to win two consecutive, massive majorities. Instead, our party went up both times. The first time we asked the Liberals to be in a minority. The second time we asked our own majority to be in a minority. So that's the things we need for are very consistent with what the public is. On our platform and our policies are closer to the public than those of the other parties in government. So I think the difficulty that the other parties will have is that the civil campaign that is behind the kind of answer you've received in your question, is very



PROTEST The union held a funeral for 'the link of trust' after Tremblay's parole caper

BIG BAD BLUES

Montreal's blue collar union is on the warpath—but the city's hanging tough

BY REMIGIUS ARRIEN • While everyone was watching the action in Tunis, unionized blue-collar workers were turning in their own special winter games: staying afloat on icy sidewalks, long-jumping over puddles of slush, rocking cars out of ruts, shivering around petrels the size of kitchen sinks. Nature alone wasn't causing much trouble through old city streets. But, this time, the blues helped.

Montreal's infamous, 6,000-strong blue-collar workers' union is on the warpath—again. A full month after the storm, Montreal was still combing the city's sidewalks, snow streets, slush-covered alleys. The blue-collar workers' union is on the lead—are not an easy act to pull off without the contract. Which is bad enough even 15 years ago, they slammed City Hall on such a bad day; more recently, they fought a strike that shut off whole downtown neighborhood roads in rush hour in an attempt to sensitize the public to their plight. "Truth is, that has served them well in the past," says Michael Gosselin, labour management specialist at Université du Québec in Montreal. "Politicians have regularly bypassed management to buy peace by making last-minute concessions to the unions."

Not this time, it seems. Mayor Gérald Tremblay—re-elected last November—has

drawn a line in the slush. "No more negotiating with the help of two-by-fours," he wrote last week. "We're talking arms and legs." That means war, and it could get ugly. For now, though, it's a question of courting public opinion. Just last Tuesday, 2,000 employees left work en masse to protest at City Hall. But, as snowing, no blocking off highway exits this time. Instead, the blue-draped buses and wreaths on the steps of City Hall, "burying the link of trust that has been destroyed by our employer," union leader Michel Fauriol told reporters.

That symbolic move was lost on the general public, though. When shutting operations at the moment when your public caper: The city administration had undertaken a decision to pay up as soon as possible to the union. Mayor Tremblay's stated top priority Thursday. That was good (and not bad, the city says), nothing to workers, did a grand total of nine paychecks over 90 hours of work, spending most of that time drinking coffee or driving around. For maximum impact, the story was leaked to the *Montreal Star* and the *Journal de Montréal*. The mainline media and ones of outrage—

"Everything had surprise," said Jean Lapierre, who added that the blue's public image is "abysmal."

The current conflict has its roots in one of the most bitter political feuds of recent years. When Montreal's labour union was forcibly merged into one entity in 2003, the blue had to accept imposed—and adverse—conditions to harmonize work throughout the island of Montreal. Even after 15 of the city's 22 municipalities voted to de-merge in 2004, the blue was stuck with the old merger collective agreement. Now they're fighting, claiming they've been ripped off—and starting from the parole office. "What other employer would frame up its employees and expose them in the press?" one union official said in an interview. "The workers' union is nothing but the collection of an employer, and the city of Montreal is a vicious employer."

That doesn't cut much ice with the city. "There have been four different administrations in 15 years—and one constant problem with the union," says Christine Miville-DeSève, a Tremblay aide. But up to a point, the blue is right when they say management is part of the problem. "Many mid-level managers have driven in the snow," says Gosselin. "A culture of loyalty has been lost, and the employer has lost control and authority."

Still, for the blue, the big pressure is not promising. Public sector unions have led the fight against Jean Charest, accusing the Liberal premier of plotting to "destroy Quebec's heritage" with his "neo-conservative policies." But Charest imposed an agreement on the union shortly before Charest says they've been much quieter since. Then Quebecers helped elect a Conservative government in October.

The blue is also alienated in a divisive leadership campaign, with a vote to come on March 23. Local media are fixating on stories of intrigues, espionage and infighting between two slates of union leaders. The city recently hoped for a new leadership to emerge, with whom it can forge a new culture of collaboration. But nobody is betting on that. Jean Lapierre, the current leader who persuaded the union's leadership, will stay much present in a recent TV interview, he said that fighting for the employment of workers "is a calling, you must be a missionary, and be prepared to make personal sacrifices, and never, never give up." That's the blue's culture in a nutshell. A hard nut for the city to crack. ■



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QUEBECERS TELL STORIES OVER GOOD WINE

"We ended up in a situation where we had to sleep that we had done this. And we did, which is unacceptable and I'm extremely sorry for what happened." —After officials announced that no one at the Société des alcools (SAQ) was involved in the recent series of human remains found in Quebec's forests, president Sylvain Tremblay admitted that the province had been misled and Quebecers were misled. Several of the wine bottles have left the SAQ.



A DAUNTING task faces the government in this country where most people live on less than \$1 a day and corruption and violence are the norm.

THE DEAL WAS THE EASY PART

Now the new president has to pull Haiti out of the abyss

BY JEROME VINCENT • On the surface, the match between Italy and Brazil in the 1970 World Cup final might seem far removed from recent events in Haiti. But for the Brazilian diplomat and the Canadian Ambassador of the Organization of American States who witnessed on the commentary desk the two presidential assassinations René Préval and Jean-Bertrand Aristide, the match was a reminder of the sound of violence in the country: the game became somewhat of a guiding principle. "It was a metaphor that kept coming back to me," said Paulo Góes de Andrade Pires, the Brazilian ambassador to Haiti. "We have to remember that game, the score was four to one for Brazil, and the referee had to decide whether to call the game, or else violence, knowing that it would be a

KEEPING PEACE: or 'creating father pride'?



possible for the Italian courts to do."

So the outline called the game, which was a case what happened in 1993. With 90 per cent of the votes earned, Prebuz had 48 per cent of the vote. Among the 15 candidates in the ballot, his closest rival, Leslie Morton, came in at 8 per cent. "It was similar to the World Cup where Prebuz was leading by four goals," says Coakley, who before his appointment to the last year was the ministerial councillor at the Brazilian embassy Ottawa. With 10 per cent of the vote it is to be expected, and with declining approval of the head following the protesters throughout the country, Coakley offered up the plan of allowing the 15 candidates to spend up to \$2 million each. The candidates according to the percentage of the vote they had received until then—a plan the game proved the 7 per cent to be needed to runoff vote, which analysis predicted would have driven a home, rather "upon the above

So, in the wee hours of Feb. 16, Matchless member electoral council, a body similar to Elections Canada, voted right to one to reelect Privet, a 51-year-old agri-consumer and former Haitian president, the country's new leader. But while diplomats and UN and OAS envoys crisscrossed and tried to avert an armed or successful conclusion to demands for democracy in the western hemisphere's most intractable

Would the Brazilian deal allow Petrol the legitimacy he needs to govern this country? \$11 million, where the vast majority of the population lives on less than one dollar a day? Could he rebuild the institutional infrastructure destroyed during decades of violence and corruption? How would this quiet, anti-speech politician broker the necessary alliances, after what promises to be fractious runoff votes for parliamentary seats scheduled for next month, to turn him back into a nation? The international community is creating further problems for itself, said José Roberto Bonfatti, director of the Brazilian broadcast club "Rio de port, Brazil made a huge error in making the CEP [the electoral council] to declare Petrol candidate. This is bad."

Last week, Jacques Fournier, the director general of Haiti's electoral council, fled the country when he received death threats against the council declared *Préval* the winner. His fiancée, north of the capital, Port-au-Prince, was killed on the ground a few days after the *Préval* victory was announced. But despite new opposition among *Préval*'s rivals, most analysts agree the elections and the Boucardier-backed deal gave *Préval* the right to rule the country. "His new government will have complete and absolute legitimacy," says Ricardo Stenilla, a Brazilian academic.

and one of the world's foremost experts on Hant, who observed the entire election process as Brazil's special envoy. "These were almost exclusive elections and the most transparent in Hant's history. You have to remember that there were a lot of political forces stacked against this."

Natal's previous stance was lackluster at best without concrete steps. After winning the 1996 elections with an overwhelming margin of the vote, he presided over a handful of political and land reform acts but little else. He also introduced parliament—a move he claimed had the condemnation of the war national constituency. Now, he suggests he will "to 'dearm the spirit,' as one Thai analyst put it. If this party doesn't get a majority in parliament—which seems extremely likely—he needs to engage in political negotiations in order to address the rebuilding of Thai national cultural and social institutions."

The Fed also needs continued international support. "He can't do it on his own," says Armande Masset, an economist based in Calgary who is also senior associate of the Center for Strategic & International Studies, a Washington-based think tank. "Based on Canada, especially at the G8, have already taken the lead in these elections, and the [and the international community can't abandon the country now." (Elizabeth Spiller, *Canada* who heads up the G8's foreign ministers unit in Paris, is widely credited with preparing much of the groundwork for Hillary's Feb. 7 presidential and parliamen-

defeating the Haidt brothers are calling for a full-fledged Marshall Plan like effort for the country, to address the dire poverty and bleak situation (it's estimated that nearly 50 per cent of the population is infected with HIV). There are encouraging signs. On Feb. 14, the UN Security Council renewed the mandate for the UN Stabilization Mission in Haiti for another six months. Thirdly, which leads to the 4,000-strong UN peacekeeping force, is already headed off meetings in Washington to seek ratification of the group of countries, including Canada (which has 100 police officers in the past), to discuss and strengthen

The Caribbean Community, meanwhile, which issued Haiti from its ranks in 2004, is poised to restore the country's membership. But much more is necessary. "Haiti needs a Marshall Plan and if needs it now," says Seidman. "Democracy without addressing socioeconomic, and without addressing the immense inequality, will turn this into a empty exercise, and leave Haiti without any future."



LOW ITBACRYL Proved most likely new alloy

ing of France and the U.S., Arside left the country in 2004, and currently lives in exile in South Africa.

Arvid has tried to damn himself first in the Arvidke legend: He ran as leader of a neopagan, Lappish (Gnoli) for "juridical" nation, and refused to say whether he would entertain Arvidke's return to Haiti in the near future (Jean-Paul Potekoffically concluded that there was nothing beyond Arvidke from coming home). In fact, Potekoff has been more or less busy, a character who has come from the nickname "the man" in this film is an engaged politician, to be sure, but so is who seems to prefer listening to speaking. "Let's not forget that he was the only one

**THE
ISSUE
IN...**



MEANWHILE IN MONTREAL

ACCUSING CANADA OF CORRUPTION

ST. MARY'S PATRIOTISM — "We support René Prévail," says Montreal-based author and priest, planner Gilles Sirois, 54. "He was a good premier and he commanded Mr. Arlin's work." Primarily all of Montreal's 160,000 strong Marist community, Canada's largest, would agree. It is one of miles, with strong ties to Math and a soft spot for former president Jean Bernard Audest, who was Prévail's mentor. And, needless to say, many in the community opposed the intervention in 2004 (see second) Audest and until now only in the South Africa.

As a result, and in spite of the prevailing support for Trident, Montrealers have been cynical about the Hassan political process, which they believe has been corrupted by outside powers—including Canada. "The majority of Haitians are poor, and there is a high percentage of the Haitian elite here in Montreal," the bigamyor says from the penultimate, or the alcove, explains filmmaker François Volz, grandfather-in-law to General Mathurin Jean's daughter, Marie-Elod, and brother of Jean's fraternal ancestor's uncle Volz. "Their belief is that this was meant to be a satiation, not an election, though they think it's better to have President than not."

As one of the biggest export commodities in North America, Montreal's Hispanics are a key part of the beleaguered country's economy (every year, they are estimated at two million, according to UN, billion in USD). Hispanics began arriving in Quebec in the early 1950s, leaving during the massive flight of French ("Papi Doc" Duvalier). Many were professionals, doctors and bureaucrats—professionals that were in great demand during the Quebec Revolution. Montreal also is haven for Argentine professionals who left when the president was ousted. Now there are rumours about local protests of Hispanics remaining in Haiti and fleeing the government. But so far most pro-Archie activists remain silent. Some have been paid about \$500 a month. "I'll go back when there's a revolution," says a 30-year-old Dominican. "We need not only Fidel as president, but also a democratically elected senator and a dignitary. When that happens, many Montreal Hispanics will be celebrating in Port-Au-Prince."



material: Sand
on balloon neck

MASTERS OF OUR DOMAINS

Those ugly websites full of ad links are a multi-billion-dollar industry. Meet its kings.

BY COLIN CAMPBELL • Yan Yi is one of the most elusive, and successful, businessmen in Canada. His fortune is worth over US\$140 million. Yet he has no known address, office or employees. Even his former lawyer refers to him as *status quo* (his own). People have spent years trying to locate a business meeting with him. The few who do leave wondering if it was really him. It's that they met. For all that's known about Yi, a Chinese citizen rumored to have been living in the U.S. recently with his family in a modest condo in downtown Vancouver's West Center, he might just run his affairs from a laptop computer and a laptop that Yi's who's known as a "domaineer." He is, in fact, the world's most successful domaineer, a pioneer in a highly lucrative industry based on buying, selling and developing Web addresses, or domain names.

Outside his shadow world, almost no one has heard of Yi—though any one with an Internet connection is likely familiar with his status as one of the most powerful webmasters that the Internet has ever seen. The Yellow Pages, after all, is nothing but lists of links to advertiser sites. The sites may seem purposeless, but behind them lies a multi-billion-dollar industry.

Yi was one of the first to recognize the value of owning large numbers of domain names. He specialized in identifying sites with potential to attract high traffic and websites that owners forgot to secure—positions that earned him a host of followers and enemies. "There are more tales and myths about Yan Yi than one can shade with a stick," says John Berryhill, an intellectual-property attorney who once represented Yi in trademark disputes. What's certain is that Yi's portfolio of 100,000+ domains made him an extraordinary million each year (figures US\$100,000 he sold in November 2004 to the publicly traded Seattle-based company Monocle Inc. for \$164 million).

His is a whole new way of making money on the Web. In the mid '90s, the burgeoning domain market was all about speculation—buying desirable Web addresses, such as *acura.com*, in the hopes that one day a company would buy it for a huge sum. But people like Yi soon discovered that almost any domain name (especially with popular random words) could be marketed like a real estate investment. It all runs on delivering eyeballs—the more the better—to the multi-billion-dollar online advertising market controlled by Internet giants Google and Yahoo.

Yi's model, and the one now practiced by

thousands of others, relies largely on the estimated 15 per cent of Internet users who don't use search engines but instead blindly type in addresses for things they're searching for (prompting the industry with "direct navigation"). For example, a prospective student might type *www.myschoolname.com* in his or her window instead of searching Google for the correct address. A domaineer would register a website such as that with one of a dozen or so companies who act as middlemen. These companies, called aggregators, design the websites and fill them with advertisers' links provided

"There is no better investment on this earth. There is nothing like this—there has never been anything like this," says Dan Goss, a Vancouver businessman who started buying domain names in the late 1990s, shortly after he got his first computer as a birthday present. "I didn't know what MS Word was, let alone how to use it," says the 44-year-old former Revenue Canada employee. Nevertheless, he went on what he saw as an opportunity. The first name he tried to register, he found, was owned by Yan Yi, so he was the second, and the one after that, and the next



CARL COPELAND/GETTY IMAGES FOR THE NEW YORK TIMES. "There is no better investment on this earth," says Vancouver's Dan Goss.

by Google or Yahoo—who are in turn paid by advertisers each time someone clicks on a link. In industry parlance it's "pay per click advertising," and it's now the dominant form of advertising on the Internet. Every click is all a transaction where the advertiser pays Google, who pays a portion to the aggregator, who pays a portion to the owner (usually about 25 per cent). On a popular site, those tiny transactions—worth as little as a few cents each—can add up to thousands of dollars a year for the owner, who has done nothing more than register the site for about \$7 a year.

20 or 30 after that, he says. "For three years I didn't sleep. I was up all night researching domain names." Now Goss owns an impressive portfolio of websites (including *thousands*, such as *www.monocle.com*, mostly sold to insurance and city centers). Six months after Yi sold his portfolio, Maniche offered to buy Goss's names, but he declined the first week's quote right. "It's an amazing thing," says Goss about the portfolio he's amassed. "Something that could never be done again and will outlive me for many, many years."

But proof that the industry has truly ar-

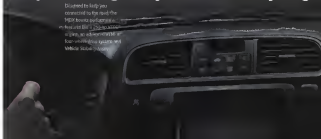
EMPLOYEE
of the
WEEK

MARTHA: CUE THE TRIUMPHANT COMEBACK MUSIC
After three years of whinecracks about prison and her scandalous merkins empire, Martha Stewart seems to have put business back in order for shareholders. Last week, her firm reported a \$183-million profit in the third quarter of 2005, after losing more than \$357 million a year earlier. Ad sales of her magazine rose 123 per cent, her *Style* TV show was renewed for a second season, and the company is now planning another mag aimed at younger readers.

PHOTOGRAPH BY JEFF COLEMAN

It's just handling Until you can handle anything

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and fans in the way venture capitalists and larger companies are pouring in. Last year, for example, the Lexington, Mass.-based venture capital company Highland Capital Partners Inc. invested in BuyDotCom Holdings Inc., a company that owns 500,000 domain names. There is no sign of business slowing. "Advertisers are coming on as the fact that appropriate Internet advertising is just a tremendously valuable thing," says Keyhill, the attorney. Advertising through Google is now based not only on domain "T" sites but just about everywhere, including blogs. "There is a network of literally thousands of thousands of other websites with Google, so you can't throw domain without running into Google ads," says Keyhill. Domainers' sites, of course, contain nothing but links. They are also affiliated and increasingly ugly. Studies show people will click through a site faster if it's displaying too the eye, and most sites require more money.

The business has dramatically driven up the prices of domain names (which are traded through brokers or sold on auction sites). In July 2005, the domain name website.com was offered for \$750,000. The same website.com was being offered for \$100,000, while AOL.com was on the block for \$1,000—a pretty size considering fish.com sold last year for an astronomical \$1 million.

The industry has also inevitably developed an untimely underbelly, including those like "cyberquatting," where domainers buy up sites with misspellings to lure visitors from legitimate sites. For example, anyone searching for this magazine who forgets an "s" and types misspellings, will find one site run by the company 10 Dollar Domain Names Inc. The site is thinly disguised to look like mainstream, but filled with advertising links. Registering trademarks on domain names—"cyberquatting"—is also common and has led to thousands of disputes between some companies and domainers (almost 1,500 cases last year according to the World Intellectual Property Organization). Many accuse Google and Yahoo for selling profits from the disputes on the side of the business.

As these websites proliferate, the battle for traffic will only increase, says Cova. On the many domains, he perfectly summed down of cyberquatting and putting up content managers that people mistakenly log on to, practices he considers unethical. Now he has websites plan to develop his collection of city travel websites into more portals that both promote cities and attract advertisers directly, going around Google—something that takes considerably more work than simply "parking" a website with an ad program. "There's a wide range of people involved in this," he says. "Like anything else, there are the good and the bad." ■

HEALTH

ASK YOUR HAIRDRESSER

BY HANSEL VICENT • With his designer glasses and fashionably rippled torso, Rudi Werner hardly looks like a floor-line warrior in the battle against AIDS in Brazil. But under a scruffy beard, behind his UN-sponsored program to combat AIDS in the Third World, Werner, Brazil's foremost hairdresser and owner of a mail-order of 27 salons across the country, has joined a battalion of hundreds of hairdressers to teach AIDS prevention in the salons, often while cutting and styling hair. In Rio alone, Werner is busy training his 1,200 employees—everyone from contractors to stylists to making sure—how to dispense information about HIV/AIDS.

Hairdressers of the World Against AIDS is a joint venture of the UN's educational, cul-

tural, educational, like a physician, so it's much more practical, in a way, for the hairdresser to disseminate information." Werner agrees. "Most people go to a hairdresser once a month, but they might see their doctor once every 10 years," he says in one of his many salons in Rio de Janeiro's Copacabana neighborhood. "I have some women who come once a week, and you build a lot of confidence. Sometimes, I feel like a psychiatrist."

But how will spreading the word about AIDS in salons frequented by upper middle-class men and women help prevent the spread of the disease in a country where half the population of the 16 million lives in poverty? "HIV/AIDS does not just affect one social class," says Marquês. "It affects all classes." For this reason, the project is being implemented not only in fancy salons, but also in some impoverished areas. In South Africa, it has had its greatest success in impoverished township salons in Johannesburg. Marquês says.

So far, 355,762 South African hairdressers have been trained in AIDS prevention over the last three years. They hand out free condoms and are dispatched to crisis centers in outreach programs offered by churches and

Under this UN-sponsored program to combat HIV/AIDS, stylists are dispensing information along with beauty advice

tural and scientific agency UNESCO and UNICEF, one of the world's largest human-product companies. The project, which began in South Africa in 2002, was launched in Brazil on Jan. 13. In Rio de Janeiro, UNICEF estimates it employs or targets more than 600 salons in the city of 11 million, before introducing the project to other Brazilian cities, and possibly, the rest of Latin America (according to UNAIDS statistics, there are 1.6 million people infected with HIV/AIDS in the region, 462,000 in Brazil). "This project is really based on the premise that your hairdresser is always the first to know," said Cecilia Marquês, a spokeswoman for UNICEF in Brazil.

Brazil's Health Ministry of Health, which is partly sponsoring the project, is hoping that the stylist will be one of the most effective ways to spread information about HIV/AIDS, reaching thousands of people who might not otherwise seek out health care professionals. "The hairdresser has an emotional relationship with a client based on trust," says Marquês. "It's not a clinical relationship."



TRIST "Some women come about a week," Werner says. "You build a lot of confidence."

years old. And in Brazil, Werner notes, "The project is a female idea, especially in countries where appearance is so important, where everyone goes to the salon or regular beauty. One really great, famous example is Winnie the Pooh, a cartoon character and his friend, who with a girl, 'Because we're worth it.'"

HOW DRESS-DOWN FRIDAYS COULD SAVE A LIFE

Needless, these icons of medical professionalism, may be nothing more than Miley Cyrus reps, according to the British Medical Association. Because they're rarely washed and frequently touched, associations wear by doctors may be hiding germs like patients' hands, the BMA says. Most notably, they may contain the latest edition of so-called "superbugs," such as MRSA. Says a BMA spokesman, "The casual look is safer."

SCIENCE



Ready, aim, fire!

New research on mirror neurons may explain everything from empathy to why people like porn and violent TV

BY DANIEL HANDELSON • Sensitivity levels in the brain's mirror neurons, the neural circuitry that allows us to feel the emotions of others, may be linked to the brain's ability to understand the intentions of others. In a new study, researchers found that people with a higher density of mirror neurons in the brain's premotor cortex were more likely to be empathetic and to understand the intentions of others. The study, published in the journal *Neuroscience*, suggests that mirror neurons may play a role in social behavior and decision-making.

At a conference in Germany in the early 2000s, Rizzolatti and his colleagues, including Paul Gallese, a professor of physiology and pharmacology at the University of Western Ontario. Mirror neurons were the agenda, but Rizzolatti gave his fellow scientists a sneak peek at a rather unusual video. On the tape, monkeys were shown picking up various objects. When an animal moved, something unexpected happened: its mirror neurons fired as if it were actually moving the object itself. This was a discovery that would change the way we think about the brain.

could be heard when a monkey simply watched a lab technician lift an object—the so-called "mirror neurons" in effect, mirrored the technician's movement, firing as if the animal had performed the task itself. "It was a stunning demonstration," recalls Gallese.

The neurons fire when we watch an athlete take a snapshot—just as they'd fire if we took a snapshot ourselves

hadn't seen it before, and I don't think any one else in the room had either." Mirror neurons are motor neurons that fire whether an action is observed or performed. They tend not meaning to feeling someone play piano. For example, a mirror neuron of the brain's motor cortex would fire, but

the same way lights up, albeit to a lesser or greater extent, when we see someone else in distress. Likewise, mirror neurons are activated when we watch athletes in competition or poor states on the television, just as they'd be had we performed the acts ourselves. When we see, in real or observed, they fire at higher levels.

Mirror neurons may also play a role in social conditioning because much of how we behave is based on imitation. A child will follow us but mirror if she sees her father do likewise. The same info in language, then, may be the basis to properly signal the mouth and tongue. And they help control another person's emotions, as such, they are important for survival.

"Mirror neurons are key for psychology what DNA did for biology," writes Vilayanur Ramachandran, director of the Center for Brain and Cognition at the University of California, San Diego. "They will... help explain a host of mental abilities that have hitherto remained mysterious and inaccessible to us." Using in electroencephalogram, Ramachandran has observed children with mild autism perform simple physical tasks, their neurons fire normally. But as they watched another child perform the same task, there was no mirror neuron activity. "When you have damage to mirror neurons, you'll expect loss of empathy, difficulty in relating to others, difficulty in knowing when someone else is upset," says Ramachandran. This was what he observed in autistic children.

Recent research suggests violent TV activates mirror neurons, as well as parts of the brain linked to aggressive behavior. But Hugo Theodor, a psychology professor at the University of Montreal, disagrees. He notes that these single-celled neurons can drive us to harbor. "I think the mirror system just gives you the tools to understand what you are seeing," he says. "The rest then depends on other brain mechanisms—personality traits, education, or your environment—so we see a mix of behaviors and others but not the study of motor behavior to see an appropriate behavioral sensory processing and vision." "Our perception of the world," Gallese says, "is uniquely related to how we act in that world." Little wonder that, in the early days, scientists referred to the mirror neuron phenomenon as "monkey see, monkey do." ■



A FUNGUS THAT LOVES THE TASTE OF DYNAMITE

One of the big dangers in mining and demolition work is the threat posed by changes that lead to detonations, but a U.S. inventor named Robert Riggs may have found some spores to fix it all that. These spores, applied to a patented, dried pellet form of a fungus, can eat explosive charges. Mix in some pellets with making the dynamite, and if the stick doesn't explode, water will activate the fungus. Within a few days the charge will be safely consumed.

PHOTOGRAPH BY STEVE NICHOL



MACLEAN'S MARK 100



HOW IT ALL WENT WRONG

With all the talent, and the Great One too, victory seemed certain. Then came the doubts and the distractions.

BY JONATHAN KATZ COHEN After the fall, with the Russians from rendering the city Timex to Spaniards with freewheel dreamboats and Slavov whoop of delight, there red-jerseyed never-ending one pulsing skate the armed goaltender Evgeni Nabokov, Team Canada stood stock still at the far end of the rink. No one spoke. Vincent Lecavalier, bent over at the waist, stared his stick across his knees. Martin Brodeur stared at his skates. How, if any, could bring themselves to look across the 150 feet of empty

ice that separated them from the victors? Wayne Gretzky couldn't bear to watch either. Team Canada's executive director left his private box in the final minutes after Chris Pronger took a holding penalty just inside his own blue line. Russia's Alexei Kovalev scored 10 seconds into the ensuing power play to make it 2-0, ending all hopes of a comeback. Some suggested Gretzky left his seat in disgust. He said he wanted to change his team's luck. In the three games he sat in that box, Canada had failed to score a goal. The cream of the National Hockey League—players with more than 300 goals among them so far this season, and a combined salary of US\$99 million—suddenly looked like they couldn't put the puck in the net from the end of a long shift. A miserable second round, followed by a

upside split in the quarter finals of the Olympic tournament, was not part of the season plan. Coming off the triumph of Salt Lake City, Canada's first since its hockey gold in 36 years, and with much of the same team and all of the management in place, expectations were high. Maybe it was a matter of hubris, but the charmed jet that was to return the players and their families to Toronto wasn't even scheduled to arrive in Turin until the day of the gold medal match. No one imagined losing so long before then. After the game, Joe Sakic, the team captain and hero of 2002, mumbled his apologies. "We know for the first time how much it's going to hurt," he said. "But we did the same everybody's just shocked, disappointed and upset with the way things turned out." Defenceman Rob Blake, who also won in Salt

Lake but had succumbed in the 1998 Nagano Games, announced the end of his Olympic career. After four different olympics, he looked like he was considering skipping over the fiery banner that separates athletes from spectators in the "mex zone" and settling some scores. "How disappointing is it?" an American journalist asked Chris Pronger. The Edmonton Oilers star pulled himself up to his full face on height and glowered down. "What do you think?" he snapped. "It's heart-breaking." As the post-game press conference, head coach Pat Quinn sat at the table with a loosened tie and a thousand-yard stare, apparently weighing the pros and cons of trial suicide. He was too crushed to give much in the way of insight. "Nobody could make me feel any worse than I feel right now. We had great expectations for ourselves and we didn't meet

them," he said. "We just weren't as good a team as we needed to be to advance." But it was Gretzky who seemed to be taking it the hardest. This was, after all, his team. He'd hand-picked the players, and predicted great things, saying they were "more talented" than the Salt Lake squad. He looked injured and was frequently near tears as he spoke. In December, Gretzky's mother Phyllis died of lung cancer. A couple of weeks later, he lost his maternal grandfather. Then, just days before the Olympics opened, police in New Jersey charged Rick Riedel, his friend and assistant coach in Phoenix, with operating an illegal gambling ring. The were

reports that Gretzky's wife, Janet Jones, was one of Tschert's prime customers, betting more than US\$100,000, including \$75,000 on the Super Bowl, and even making a \$50,000 wager on the outcome. However, "Gretzky's a very honorable, very respectful guy," the said. In a lifetime at the rink, Canada's hockey superman has never really gotten used to losing. Knowing the night of victory only seems to make the loss of last harder to take. In 1998, in Nagano, he sat on the bench and watched his teammates lose a scorching shootout to the Czech Republic. Dreaming of Off the ice in Salt Lake City, he'd found a way to make a contribution with his famous "Up Against The World" track, rallying his players. Inevitably. But in Turin, he could only watch helplessly as the wheels fell off a vehicle that he wasn't you driving, but had designed and built as well. "You wonder when you could have said to certain

'I'VE NEVER HAD PRESSURE LIKE THIS, TO WIN A GOLD MEDAL'



FINAL HIT

Adam Foote leads a Czech player in Canada's last win, but they meet another 26-0 in the last two periods.

own and "It's like football, sometimes it's good to hand off because when you hand off, that opens up the passing lane," he said. CBC cut away to interviews with Martin Brodeur and Joe Sakic. When the network returned to the studio, MacLean brought up an off-camera exchange Graczyk had with his wife, where he apologized to Janet for even mentioning the girlfriend. Graczyk smiled weakly and chuckled.

In fact, as the Olympic journalists went on, and Canada stumbled through the schedule, the betting controversy went from being about money to a dark-pants conspiracy. "I've finished talking about hockey," reporters imagined Graczyk saying. "But if you have questions about gambling, I'll stand up here all day and answer them."

I began prematurely enough, 2½ minutes into the tournament opener on a power play against the host Italians. Sakic made a pass from the right boards to Berrizzo behind the net, who quickly fed Giguere out from far one timer. It truly evened it up right off the hop in the second, with a goal by Jason Cronin, a transplanted Vancouverian. But Canada expanded by putting five in a row just Jason Marcota. The former Hartford Whaler had the last Pope John Paul II pointed on one side of his mouth, the Virgin

Mary on the other. He could have played his engagement with icons of every saint recognized by the Vatican, and it wouldn't have been enough to change the outcome—7-2 victory for Canada.

The next night against Germany, it was much the same. Martin Brodeur and Sakic opened the scoring early. Playfellow on four, Simon Gagne fought off a German defender, tipped off the rebound of a Robyn Regehr shot, spun and swept the puck into the net with one hand as he fell to the ice. Even the Germans seemed to be going Canada's way. Late in the

second, Adam Foote's point shot missed the German net by a mile, but ricocheted off the boards right to Danny Heatley, who barreled at one end and behind Thomas Greiss. The final score was 5-1, and the Canadians had outshot their opponents 90 to 30 in their first two games.

It was certainly not Niko Lake, where Team Canada opened the Olympics with a humiliating 5-0 loss to Sweden, looking so awed and out of sorts on the ice. In the follow-up two days later, they barely beat Germany 3-1. And by the time the Canadians finished the pre-

liminary with a 3-0 win against the Czech Republic, there was panic back home. Of course, the quality of opposition in Berlin wasn't quite the same. The Italian had never met NHLers on the ice. The Germans had free, but were missing Brodeur's Martin Stuenkel, and Buffalo's Jason Hightower. "They're our equivalent of Wayne Gretzky and Mario Lemieux," said head coach Uwe Krupp.

And despite the lopsided scores, there were some danger signs on the ice. Team Canada's defense, especially Niko Lake and Krupp, weren't that mobile. Bryan McCabe, a power play specialist, came up from the top end because of injuries that kept Ed Jovanovski and Scott Niedermayer at home, was a 3, had no points, and 14 minutes in penalties in the first two games. "It's a race to become a team here. There's probably six teams capable of winning the gold and it's going to be that group that pulls it together here," said Pat Quinn. "Right now, we're not playing like a team, but a group of talented individuals."

The loss of Niedermayer was Quinn's biggest problem. Most of the issues in the tournament were using a one-man feed-back, setting up two forwards and two defenders in the neutral zone to slow the attack. If Canada wanted to use the speed of its forwards to advantage, it had to find a way to deliver the system. It's something the Swedish skating Nordic major modeled as. "You've seen him push three feet past your defense, that first check," said Quinn. "We still have some role players, but not anything like him." Going forward, Canada wanted to play aggressive game, carrying the puck into the offensive zone instead of dumping and chasing it in the workmanlike NHL style. "We want to allow these talented offensive guys to be a little creative out there," said Quinn. But he wanted that his forwards might repeat one of the mistakes of Niko Lake, checking too far up, looking for the long pass, leaving Canada vulnerable to the counterattack.

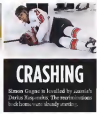
Looking to Quinn, you got the feeling

that he'd welcome a little adversity to help draw the team together. After all, it worked out so well in 2002. When the first two days of the tournament he got hit with Steve Moore. Elia's goal was against Todd Bertuzzi in an Ontario resort, setting \$19.5 million in damages for the nuclear punch that seemed to have ended his career. Bertuzzi learned about a working CBC TV in the athletes' village. He had two sons and the first two sons, and he had been effective, throwing his, using his big body to knock the goaltender down last Quinn rewarded him with a generous amount of ice time. When Bertuzzi came out to meet the media after the German game, his jaw-shaven face still bearing the swimmers of a high stick in a match against Columbus the week before, he said the night things. "It's something I don't want to, or need to, drag over here. That team isn't a part of it. I'm the one who is part of it and I'll deal with everything what I get back home." Does he ever get old, someone asked? "It's been a long year even though it's only half done," Bertuzzi said. "It's been tough." Far from the rest of the tournament, it was about to get a lot worse.

Something is annoying. Perhaps not to crown, but certainly to sustain. Most especially when doors of doors are closing again inside a small arena, as they were when the Swiss beat Team Canada for the first time in Olympic history. Mark Strick, a rookie defenseman for the Montreal Canadiens, was dropping with recent and overcame with joy after his coach's a victory. "It doesn't get better than that. I never thought I was so old as that, but everything is possible in sports," he said. "Obviously Niko Lake's hand is not that bad." Strick was one of just three NHLers on the Swiss squad. Another,

Marthin Gherber of the Garsch Hockey, on board the shadow in net. The third, Colorado Avalanche's goaltender David Aebischer, was sitting on the bench. But it was a former big league grinder, Paul DiPietro—Canadian by birth, Swiss coach lately—who scored both goals. All night long, the speedy Swiss out-banked Canada, and won battles along the boards against their bigger opponents. Gherber was brilliant, carrying away 49 shots. On one, a drive by Nash near the end of the second, he appeared to reach back with his glove and pull it out of the net. But the replay was inconclusive, and no goal was awarded. The real story was that the much-wounded Team Canada offense had gone 0 for 14 on the power play.

At the final seconds ticked down, 2-0 in the third, the massive Swedish play defense for the Ottawa Senators, stood watching a TV inside the dressing room with a broad grin. A local for Canada was always good news for everyone else. Char's NHL teammate, Hensley and Redden, were not smiling as they entered the ice. When you anyone who wearing the maple leaf, Joe Sakic, his white jersey speckled with blood from the high stick that cut him from nose to ear and cracked his cheekbone, barked to the trainer's room. Martin Brodeur, still wearing his mask, stood straight ahead on the long parade past the media. It would be easy to dismiss the game as a fluke, one of those nights when a hot goaltender makes a game, but Pat Quinn was fuming. He had a long list of things he didn't like from his players—too much standing around, unbalanced penalties, an offense that spent too much time moving from side to side and not enough heading down the ice. "The Swiss played a better Canadian game than we did," he said. And Quinn said a winning to



CRASHING

Simon Gagne is fouled by assistant Danis Kenzhayev. The reinforcements look home away already entering.

SPEED queen

Cindy Klassen, hockey team castoff, is now our greatest Olympian

BY KEN MACQUEEN • They're heavy, they'd all say, after their deeds are done, and the ribbon is recently placed around their necks and they've earned the right to feel the belt of it. The Canadian women said it must, for they did the lifting in Torino-winning Olympic medals at men's that twice the race of men at the XX Olympic Winter Games down to a close last weekend. "It's pretty friggin' solid," coaxed Chandra Crawford, Canada's bright new hope in cross-country, as she clutched her gold. "The real deal," said biathlete Larice Brown, Jamaica-born and a newly minted Canadian, returning here after she crashed her recovery last week.

And then there is speed skater megastar, Cindy Klassen, Canada's heavy metal queen. She entered these Games with the weight of great expectations upon her, and she delivered. Four races, four podium finishes: a bronze, two silver, one gold. With one race left to squeeze an in before the closing ceremonies, she's already won more medals than any Canadian at a single Olympic Games. Add to that the bronze she won four years ago at her first Olympics in Salt Lake City and she is already, at the age of 26, the first Canadian woman with five career medals. And what does she say about her medals? Why, they're heavy, of course. And where will she store these treasures? "Maybe in a closet," says Canada's greatest Olympian. "I'm not sure. I don't really display things like that."

And there, on a shelf, was the challenge: her support crew faced choosing these Games. When the Canadian Olympic Committee (COC) pondered—no, seriously, *pondered*—the will be the golden girl of Torino, how do you narrow, gesture and inspire a woman who does not worship medals, nor seek public acclaim, nor years for glory of the earthly sort? For coach Neal Marshall and sports psychologists Derek Robinson, the answer was to make a



KLASSEN AT TORINO: *Proven and powerful*

video. They pulled together a 20-minute montage of an exceptional pre-Olympic year, keeping the focus on Klassen's smile, tight-knit training group, which includes fellow skaters Justin Parker, Steven Elm and Brittany Schaefer among others. Set to contemporary rock tunes, it shows three World Cup seasons, as well as the real, the travel, and the off-ice arena that makes it all tolerable. "It's just a group that's motivated to be around," says Robinson.

Klassen is a private person, but she revealed something of her inner self when she spoke of that video during a pre-Olympic news conference in a packed Torino restaurant. "This whole year has been about growing as individuals," she said, her voice sobbing with emotion. "Not just as speed skaters on the ice [but] just learning to be better people and having fun with what we're doing." These are the things that matter to Klassen, says Marshall. "These are good emotions."

Klassen is a voracious reader of popular fiction and non-fiction, and of the Bible. The latter reminds her, she has often said, that her ability is a gift to be used respectfully. The outcome of a race, she believes, is pre-



WILLIAMS/GETTY IMAGES (LEFT); JEFF LAMPERT/USA

teny-megold, Canada silver. The question of whether Klüsser could have pulled the silver to gold doesn't seem as close to her delighted co-medallists: Shannon Ruppel, Christine Modest, Ritaana Groves and Clara Hughes.

Hughes is a woman for all seasons. She now has a silver and two in speed skating, and a pair of bronze-cycling medals from the Summer Games. But more important to Hughes and to Klüsser, a woman's medal. "Anyone who was in the last few days knows the Canadian girls have been missing the whole story," Hughes says. "We just said, let's make the best of it. And they did."

'WE JUST SAID, LET'S MAKE THIS FUN.' AND THEY DID.



WOMEN'S TEAM PURSUIT SCHEDULED (left to right) Klüsser, Clara Hughes and Kristina Groves

on barely about her historic race. "But after that, it was just going around like always," her brother says. "I think that's what she enjoys most, just hanging out with us. When it's time to race, that's when she gets into it."

Feb. 22, 5 p.m., Oval Lingotto Women's 1,500-m. gold.

The Klüssers are back from playing tennis. They're back to maintain and practice, and the Canadian Olympic Games—which have the blessing of Klüsser's father, beloved by some to be derided by others—were a bit late in 11, they're ready for the start of the women's 1,500-m. "Cindy starts in the second go last race, in an upset pairing with Prinsinger, her opponent in everything but ability, will not competitive spirit."

Something is missing. What exactly do you pray for when your daughter is in the biggest race of her life? If you're a parent for her in win, aren't you praying for others to lose, and wouldn't that be wrong? It's an anti-competitive and personal question, but Klüsser is a person who and she takes no offense. "Her own thing, that she stays happy. Anything could happen," he says, remembering, perhaps, the humble crash 25 years ago when she skied over her knees, leaving 11-

down and an injury. And for what else do you pray, he is asked. "To do the best that she can," he says. "That's all you can ask for."

Klüsser will later say she was so excited and confident that race day. And for more than anyone else at these Games, she felt "at peace." She will also, at her gold medal news conference, tell reporters that about recovering from that terrible accident. "I think my faith gave me and I got to spend a lot of time with God. I think that helped me in my skating as well, just to be thankful to be given this gift to be able to skate." Such quietude rarely makes a star sports star, then being a star is not in that thick book the story of a Canadian sport that somehow the God thing seems to be explaining the story of Cindy Klüsser.

There it is announced. She's an incoming warrior, a little bit to the cheer raising from



DOUBLE GOLD Cheryl Pounder (left) and Becky Keller surround their Olympic moment in Torino's Palasport Olimpico

The girls go wild

How the Canadian women's hockey team came to dominate the world

BY JONATHAN GATHERER • Canada's Olympic women's hockey team fell behind early in their biggest game of the year: just 59 seconds in, Christine Labrosse gave up a first rebound, and before she could react, the puck was bouncing off the net behind her. Quarter in the first period, Team Canada managed to pull even in its final minute with a power-play goal—Gillian Triggs bumping in the rebound off Taylor Warden's stick from the post. They were number eight in the second round, 13-6, but Gillian Gargan scored the only goal, taking a beautiful pass from Gillian Triggs in a clear breakaway, and beating the goalie through the five hole. In the third, Labrosse sparked, carrying away 15 shots, and Katie Weatherston added an insurance marker. It was a hard-fought 4-1 victory.

The capacity crowd at the Black Gold Centre in Ludac, Ala., gave the women a standing ovation. They opposed the Swedish GM Olinings—the top-ranked AAA boys team in the province—personally girls' headwinds, baggage tags for the trip to Torino. It was an emotional Saturday night in the January—the last time Team Canada was really sent on their path to a second straight Olympic gold.

Melody Davidson, Team Canada's head coach, will never be described as happy-go-lucky. Behind the bench in Torino, she wore a permanent scowl. Even as her team was exploding on the ice, stunts, helmets and gloves flying high in the air as they rushed to continue their golden state, she was debating using fire handclaps to her staff—although her team managed to avoid a brief hug. But Davidson, who never got to play hockey growing up in my Oxy, Alta., did have a plan to deliver his gold. One day her players killed to the defender, and that transformed the question of men's dominance to women's hockey history.

The victory in Torino came immediately after the success in Salt Lake City. Davidson came on board in spring 2004, first splitting time between the national team and her job coaching the women's team at Cornell University, then taking a leave of absence for the Olympic year. Unlike the men's team, there was no early call to training camp. One of the 65,000 women played hockey in Canada. Davidson's team had just 27 members—16 of them returned from the 2002 gold medal squad. The hopefuls then got together for a three-week winter camp last June in P.E.I. Fall

of fitness training and long bus rides. There was even a team tradition. "I thought I was going to die in the pool," recalls Labrosse, now a national swimmer. "The camp was hell—I wanted to quit. I was like, why the hell am I playing?"

In August, between "contenders," with all the hopefuls moving to Calgary to train and play fall camp. Becky Keller, a stalwart on defense since 2002, brought her eight-month-old son Owen and his nanny, leaving her husband back home in Burlington, Ont. All fall

What parity? Team Canada is now 123-0-2 against everyone except the U.S.

and winter, Owen accompanied the team on the road, playing with his 16 new "aunties." Keller, 31, had played in the 2004 World Championships when she was two months pregnant, and returned to play in the 2005 World, five months after Owen's birth. She didn't bring him to Torino, figuring that at 15 months, he was too young to appreciate the moment. But mommy golf was a constant shopping companion. "I was already bought him the mascot, the roller skis and skis and pair of pants," Keller said before the tournament even began. "I'm



'TRY NOT TO LAUGH WHEN SOMEONE SAYS THESE ARE THE WORLD'S GREATEST ATHLETES, DESPITE A PAUCITY OF BLACKS THAT MAKE THE GAMES LOOK LIKE A GOP CONVENTION'—BRYANT GUMBEL

1. JAPAN MAKES A GRACEFUL EXIT

They don't call **SHIRAKA KAKIWA** the "Cool Beauty" for nothing. Heading into the final, less than a point separated the top three skaters in the closest women's free skate in recent memory. But when the favorites—Austrian **SARAH COHEN** and Russian **IRINA SHUBKINA**—crashed, the door was left wide open for Kakiwa. "I'm feeling better," says Nixon, "but not enough to celebrate with a beer."

3. RELYING UP TO THE PODIUM

Sweden's great alpine hope was **ANJA PRAER**—a bubbly blond who went into the Olympics as the defending one-time overall world champion with 12 World Cup titles to her credit. In fact, not since Ingemar Stenmark, who dominated the competition with a record 66 alpine wins in the '70s and '80s, has someone so com-

pletely dominated the sport. And like Stenmark, who coincidentally is from the same hometown, the 34-year-old even has a mountain named after her. Praer had so-called silver and bronze medals and made no secret that the wait for gold in Italy. She arrived for the event in the downhill and combined races and placed a disappointing 12th in the super-G. In the women's up to the chairlift she injured her knee, but dragged off the pain and whipped down the fog-shrouded course to claim gold—finishing the run with her trademark belly slide on the snow.

4. MILLER CRASHES AT THE PARTY

All of America, especially NBC broadcast, were certain that **BOB MILLER** was going to clean up in Turin. The winner of two Salt Lake City silver medals has made a million-dollar career out of down-hill slalom and is a public-relations machine before the Games.

But Miller, 26, who has a reputation for recklessness and drinking, had one big problem in Turin: finishing. He crashed into a gate in the super-G and scrambled as other in the combined. When he did cross the line in two other races, he placed a disappointing 12th and 14th. And afterwards, he was so tired that he fell asleep on the couch.

5. AND A GOLO IN PUBLIC RELATIONS

In 10 days, Austria's **FELIX GOTTFRIED** powered to two golds and a silver in Norfoll combined slalom. In his last race, the sprint, he came out of the starting position as 12th but made up the 14-second deficit on the cross-country track to take top spot. So what did the media want to know? His relationship with Austrian coach Walter Mayer, who had been banned after doping perpet-

rated was found in his last Lake City hotel room in 2002. Mayer's presence at the Olympic residence of some Austrian skiers sparked a raid by Italian police and Olympic drug officials. Mayer was later confined to a psychiatric facility under a suicide watch after crashing into a police road block while fleeing back to Austria. Gottfried's answer: "I'm almost my own coach."

6. ALWAYS LIKE A SOCCER STAR

With every broken bone and a shy smile, 24-year-old **GERHARD FINK** became Italy's "Man of the Games"—winning two golds and a bronze. But before Turin, the sport speed-skating sensation was unknown in his home land. The Italian wasn't the only one caught off guard—his eyes were on other rivals (and American teammates) Shani Davis and Chad Hedrick, who finished the 1,500-m race second and third,

respectively. But with his sprint victory and a chest full of medals, the sculpted **Adrian Brody** looks like he has captured the heart of his nation. He's been celebrated in the hallowed pages of the Italian sports daily *Giornale dello Sport* and adored by teenage girls.

7. SORRY, BUT HE SAID WHAT?

Former NBC anchor **ARAGAT GUMBEL** is taking a lot of heat—some say he should lose his job—for sharing his opinion about the Olympics on *HIGHLY RATED Sports with Bryant Gumbel*. "Count me among those who don't like 'em and won't watch 'em," said Gumbel. "I say not to laugh when someone says these are the world's greatest athletes, despite a paucity of blacks that make the Games look like a GOP convention." Gumbel also said that journalists "pretend to care" about sports like soccer and hockey, but after words, he claimed he was making

up, saying he ignores the Olympics because he doesn't enjoy the sport, not because of the lack of black athletes.

8. YOU NEED A LICENCE FOR THAT?

He might have finished last in the men's aerial qualifier, smacking his face into the snow and losing both arms on a triple back flip, but don't count **CHRISTOPHER LUTHER** out of the Games. The Jamaican-born bobsledder, who now lives in Calgary, received his citizenship just in time for the duo to earn a silver in two-man bobsled. Luther, who is considered one of the world's top bobsledders and pushed for Jamaica until 2004, became the first Jamaican born athlete to win a medal at the Winter Games. It was the second for Luther, 35, who won a gold in 1998. "It's a great day for Jamaica and he did it for me," said Luther. "I can't say it's a great day for me and I can only be smiling." M

9. COOL RUNNINGS, CANADIAN-STYLE

Few questioned **TIERRA LUDEN** and **LAURENCE BROWN**'s chances in Turin—especially after their recent success on the World Cup bobsled circuit. The only problem was whether or not they'd get to help, since England's Canadian citizenship remained unconfirmed less than a month before the start of the Games. But the Jamaican-born bobsledder, who now lives in Calgary, received his citizenship just in time for the duo to earn a silver in two-man bobsled. Brown, who is considered one of the world's top bobsledders and pushed for Jamaica until 2004, became the first Jamaican born athlete to win a medal at the Winter Games. It was the second for Luther, 35, who won a gold in 1998. "It's a great day for Jamaica and he did it for me," said Luther. "I can't say it's a great day for me and I can only be smiling." M

One of the most difficult opponents: **THOMAS KLINGBERG**



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Going South

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Team Canada's injury specialist in Toronto



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OWN TIME COVER In his Canada govt. presser, Martin Brodeur keeps his eye on the puck as it sails past him and into the net during Canada's preliminary round loss to Switzerland. Brodeur is one of the goalie whose skills have changed the way hockey is played. Photo by **BUTLER/Hess/Post**. See next 24 pages.

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The armchair referee

Two minutes for slipping: Consider's godet Jane Threlkeld fell out side her home last week, injuring her wrist for six weeks with a broken bone.

This after being benched for reckless play and testing positive for Proposic, a hair loss prevention drug and steroid masking agent that has also been linked to testosterone deficiency. Could it be kindererg his compen this drug?

Plus the equipment manager: Atlanta Thrashers winger Ilya Kovalchuk has been punished twice this year, and four times in his career, for using an illegal stick. Maybe this would suit a team in

Elks broodlings: Upon being traded back to the Raptors, New York Knicks center Antonio Davis said he's not reporting for duty until he can talk. He thought the better of it, says Michael.

Will pretend we didn't see that! How do you explain Chen's Olympic silver medal in pair skating, after Zhang Hao hurt partner Zhang Xia across the ice, to his knees, and into the boards?

A run for her money: Team Canada women's hockey singer Gina Kingsbury ran down a Torino pickpocket who stole her wallet while she was buying pizza. The musician, not wanting any trouble, handed it back right away.

Give him the Order of Canada: Norwegian ski official Bjørnar Holmenstuen handed Canadian Nordic skier Sarah Branson a new ski pole after she broke hers in the result of the Olympic team event. Canada won silver.

Mills-Hansen all around: Six dog teams were rescued by chopper when a storm blew down trail markers on a treacherous section of the Yukon Quest skidding route. Their masters were also with the team.

The winner, by way of spare-thanks notes: After leading all jockeys at Toronto's Woodbine racetrack with a record 275 victories—in her racing career, no less—Ennae-Jayne Wilson, 26, has been raking in the awards as North America's top spinner.



GAMBLERS IGNOMINIOUS

Stacking up the leading players in pro sports gaming scandals

	Contest highlights	Currently	Gambling grounds	Favorite casino	Place in sports parlance	Recent Vegas splash
MICHAEL JORDAN	Three straight wins in NBA history	Still going strong in the endorser	PGA course, 10th million in July	Flamingo Casino, 20th birthday and got cleaned up	Revolving wheel	He Me Almost got the 100,000 last July
PETE ROSE	Most prolific home in MLB history	Prison convict	Set on horse-bred	Saved from trial of crime	Revolving wheel	Cashed 7,000 on August 2000 roulette
RICK TORCMEY	MLB winner on pennant game	Gravely ill in Phoenix	Alleged insider in 1981 playoffs, later jailed	Quit who?	Currently under review	Never nearly strong client



Eighty years after his death, **GEORGES VEZINA** remains one of hockey's most monumental, mythical and mysterious figures

MASTER NETMINDER

BY JACK FALLA • I'm standing in a cold rain at Le Centre de Hockey Saint-Pierre Xavier in Châteauguay, a one-time lumber town on the banks of the Saguenay River about 100 km northwest of Quebec City, final resting place of Georges Vezina.

I've come because I'm curious about Vezina, a man so silent and uncomplicated that he was known as "L'Invisible Silencieux," so tough

he played 15 consecutive seasons without missing a game and almost died in goal, and so cool in net that the all-entire sportswriters of the twenties labelled him "The Chocomaux Cucumber."

The first rule of life and goaltending is the same: you've got to play hard. Georges Vezina knew this. On Nov. 28, 1925, in his 50th consecutive start, the Montreal Canadiens' goalie—playing with a temperature of 101°F and coughing up blood—collapsed during the first period

of their home opener against the expansion Pittsburgh Pirates. He tried to start the second period, but was rushed to hospital when he was diagnosed with tuberculosis. He died in his hometown of Châteauguay on March 24, 1926, at the age of 39.

Eighty years later, he remains one of the most important figures in hockey's most important position, his name synonymous with excellence and durability. He was the first of the great French-Canadian goalkeepers, a list that includes Jacques Plante, Bernie Parent, Patrick Roy, Martin Brodeur and so many others. Quebec is to goaltending what New Orleans is to jazz.

The season after his death, the Vezina Trophy was established to honour the NHL goalie allowing the fewest goals. Now awarded to the goaltender judged to be the best at his position, it has made his name immortal.

Yet he is probably the least known member of the Hockey Hall of Fame, a hero whose career is shrouded by time, the accidental destruction of archives in the old Montreal Forum, and Vezina's respectable silence.

In 1920, when he was 23 and playing for

his hometown team, Vezina stopped 60 shots in a 1-0 Chocomaux victory over the touring Canadiens, who immediately offered him a contract at \$100 for the season. He covered about three goals a game off the NHL average. He played all 26 games in the 1920-1921 season, finishing with a 3.90 GAA in a league where the average was 6.45.

For his first few seasons, goalies had to remain standing when making a save. From

Playing with a fever and coughing up blood, Vezina collapsed during the first period

1927 onward, dropping to the ice became fundamental to goaltending. Vezina was a Stanley Cup in each era, in 1926 and in 1924. He led the league in goals against average three times in the stand-up era, and twice after that. His 1.39 GAA in 1924 was the first below a 2.00 in NHL history. He posted the NHL's first shutout in 1925, and recorded four shutouts in the 1924-25 season, back when hockey shutouts were about as rare as baseball no-hitters.

He played goal the way Fred Astaire danced—from the waist down. One of the few eyewitness accounts of his style comes from Frank Bouchar, who played for the Vancouver Maroons and faced Vezina sev-



COOL CUCUMBER In 1927, 35, Vezina set the record in shutouts with just one—the NHL's first ever

eral times. "I remember him as the coolest man I ever saw, absolutely unexcitable. He stood upright in the net and scarcely ever left his feet.... He was remarkably good with his stick. He'd kick off most shots with it (then he'd fix with his glove).

Vezina played in a Stanley Cup final on March 24, 1924, the night his son Marcel was born. Arriving at Châteauguay the next day, he celebrated the birth and the Cup by giving the child an English middle name:

THE GOALIE REVOLUTIONARIES

A TIMELINE OF NETMINDERS WHOSE INNOVATIONS CHANGED THEIR CRAFT

Georges Vezina
15 seasons with the Montreal Canadiens, 1920-1925
150 NHL games, 2.32 GAA
2 Stanley Cups
Montrealers originally had to stay on their feet, and Vezina was the ultimate stand-up goalie, making most of his saves with his back. When goalies were allowed to drop to their knees beginning in 1925, he scarcely bothered.

Clint Benedict
18 seasons with the Ottawa Senators & Montreal Maroons, 1912-39
262 NHL games, 2.32 GAA
4 Stanley Cups
It's his early years Benedict would perpetually "lose his balance" to smother the puck without penalty. His entire second decade changed old-fashioned goalies to drop to the ice. Also wore the first goalie mask, for only two games.



Bill Durnan
7 seasons with Montreal Canadiens, 1914-20
213 games, 2.36 GAA
2 Stanley Cups, 2 Vezina
Durnan wore identical gloves with which he could both catch and block—the one and only great ambidextrous goalie.

Emile "The Cat" Francis

6 seasons with Chicago & New York, 1906-22
16 games, 2.76 GAA
0 Stanley Cups, 0 Vezina
Francis' modified first-base-man's trigger quickly became the equipment standard. Also credited for introducing the Mocket (a piece of sponge rubber taped to his other glove), but his innovations could not hide his lack of skill.

Glenn Hall

12 seasons with Detroit, Chicago & St. Louis, 1952-71
506 games, 2.06 GAA
1 Stanley Cup, 2 Vezina
Inventor of the butterfly stance.



kened together, but apart. The Red Wings found it so odd they traded him to Chicago, but it has become the modern standard.

Jacques Plante

14 seasons with Montreal, New York, St. Louis, Toronto & Boston, 1952-71
827 games, 2.38 GAA
4 Stanley Cups, 7 Vezina, 1 Hart
At Madison Square Garden on Nov. 1, 1959, after being cut in the face by a shot, Plante exposed the first fiberglass goalie mask. He'd had it made months earlier, but Habs coach Toe Blake refused to let him wear it.



Tony Esposito

14 seasons, 17 with Chicago, 1960-74
664 games, 2.92 GAA
1 Stanley Cup, 2 Vezina
A student of Hall's butterfly style, Esposito was renowned for his acrobatic acrobatics—the first of the "boppers" who dominated the '70s and '80s. Named the nickname "Tony O" in 1970, when he registered a single-season record of 40 shutouts.

Patrick Roy

20 seasons with Montreal & Colorado, 1984-2003
1,623 games, 2.64 GAA
4 Stanley Cups, 2 Vezina, 3 Conn Smythes
Holds the NHL record for career victories with 557. Roy perfected the butterfly and made it the dominant style—it's now taught in young goalies everywhere. His original goaltending coach, Franjo Allaire, is now considered a guru.



Martin Brodeur

12+ seasons with New Jersey, 1992-present
750 games, 2.77 GAA
3 Stanley Cups, 2 Vezina, Olympic Gold
As the best skater, passer and stickhandler at his position, Brodeur brings an old-fashioned dimension to his team's game. His prowess led the NHL to introduce new rules curtailing where goalies can play the puck. **BB**

Stanley Verma would barely survive beyond his son's second birthday.

When he reported to Montreal's 1995 training camp, Georges Venias looked gaunt and tired. He played poorly, but amazed everyone that he would play well once the regular season began. After all, what was a little cough and weight loss—about 30 lbs—but just another hurt to play through?

Then came the on-ice collapse during the Pittsburgh game, followed by a diagnosis that was, in three days, a death sentence. After a week in hospital, Venias recuperated to the point where he could go home. Instead, he headed to the Canadiens' practice. Years later coach Leo Dandaneau recounted the scene to the *Montreal Star*: "Venias reported at the usual hour at the dressing room yesterday morning and sat down in his usual corner....I glanced at him as

he sat there and saw tears rolling down his cheeks. He was looking at his old pals

In 1910 Vezina stopped 60 shots in a 1-0 Chicoutimi victory over the Canadiens, who immediately offered him a contract

and skates that [trainer] Sidde Dufour had arranged to Georges' corner thinking probably that Venias would save them." He asked one last little favour before he left the room, Dandaneau said: he wanted the sweater he wore to the last Stanley Cup series. "Then he went. That was the last I saw of my friend Georges Venias."

Venias died a painful, lingering death, according to A.J. Venias, his great-grandson. "It was a horrible sight," he said. "It took [Georges] five months to die." Every day after school, A.J. recalled, eldest son Jean would rush to the hospital to see his father.

Three nights after his death, at a play-off game between the Ottawa Senators and

the Montreal Maroons (the city had two NHL teams back then) at the Forum, the 30,000 in attendance observed a moment of silence. A band played "Nearer My God to Thee."

And that brings us to the second role of life and death: role of matter how well you try to protect yourself, you're going to get hurt.

The old Canadiens men played for a few minutes. I take off my hat and drop it on the ice around the greenhouse while my wife Babette takes a couple of photographs. When minutes the rain picks up again, harder this time, and we spritz to the car. **20**

Jack Follis is a veteran sportswriter and author of *Winter Ice, a collection of hockey essays*. This article is adapted from his unpublished essay "Requiem for the Canadiens."

Watch Hockeycentral • Trade Deadline, Coverage begins March 9 at 8 A.M. ET on Sportsnet and continues with a Hockeycentral special at noon ET.

MARCH 9, 2006

SPORTSNET: THE MAGAZINE 53

GAME OVER

MARCH MADNESS, HERE WE COME

UBC has a plan to keep top athletes from fleeing south: join the NCAA



BY ANDY MACDONALD

Robert Malik is one of Canada's top high school basketball prospects. The six-foot-one forward averaged 31 points, 17 rebounds, and six assists a game last season as an 11th grader—impressive numbers. Even more remarkable is the Langley, B.C., native's decision to quit an American college scholarship offer and commit instead to playing for the University of British Columbia Thunderbirds next fall.

Staying close to home isn't the only reason Malik turned down free rides to Cal Irvine, Portland, Johns and Baylor State. "UBC is pushing to get into the NCAA [the U.S. National Collegiate Athletic Association]," he says. "They're looking to move to the next level." If so, Malik would get to play for two Canadian national team veterans, Randy Mober and Kevin Hanson, in the world's top college league—and maybe even capture a berth in the NCAA's annual March Madness tournament.

It's not inconceivable, given the scope of UBC's fundraising and its annual \$4 million athletic budget (comparable to some U.S. west coast Division I schools). The team might even be competitive on the court. UBC went undefeated in its conference this year, and they've beaten four NCAA Division I teams in recent exhibition games, including the Georgia Bulldogs and Kansas State Wildcats.

While most UBC varsity teams play in leagues sponsored by Canadian Interuniversity Sport (CIS), some compete in the U.S. National Association of Intercollegiate Athletics (NAIA)—the NCAA's joint-affiliate sister organization. Unlike the NCAA, the NAIA's constitution explicitly prohibits the membership of American schools. Still, UBC athletic director Bob Philip says reason for optimism: he has met twice with NCAA officials. Last month, they were in Vancouver for a tour of the city and campus. UBC is an attractive market for the NCAA—especially given the new facilities (like the 6,000-seat arena) being built on campus for

the 2010 Winter Games.

"The NCAA have said they're interested in doing business differently," says Philip. "What's left is figuring out whether that includes Canadian institutions, and what the conditions would be." Philip says he wants to improve the level of play among the school's student athletes by having them compete at a stronger league, and attract the country's top stars by offering competitive scholarships. What he doesn't mention, but which certainly factors into things, is the big money allure of the NCAA, where athletes programs can generate profits.

Money, of course, is the reason nearly all of Canada's best varsity athletes go south in the first place—at a rate of about 2,000 per year. Currently, only two of those play for Canada's under-21 men's basketball team, an affiliation with Canadian universities. The ratio of those playing for American versus Canadian schools on Canada's under-21 women's basketball team is 18:1. And once they leave, precious few return. Citing a study commissioned by Hockey Canada, Philip says that "nearly 90 per cent of Canadian student-athletes remain in the U.S. post-graduation."

Wally Wedman, Simon Fraser University's athletic director, echoes Philip's frustration, particularly with the strict scholarship cap imposed by the CIS. "All we can offer is 70 per cent of tuition—that's not enough," says Wedman, adding that a student's cost of living runs an additional \$5,000 to \$6,000 per year on top of tuition. To little avail, he said. Philip has lobbied the CIS to consider adopting the American model, but given the league's incoherency on the issue, Wedman says SFU will join UBC in defecting if the opportunity arises (SFU's 1995 bid to join

Division II of the NCAA is still "on the table"). The CIS understands that the cap doesn't satisfy the west coast schools, but CEO Mary McGowan hopes that they'll "remain within the CIS family."

But if the NCAA opens its doors, can Canadian teams seriously stack up? Philip thinks so—especially if he can keep top athletes like Malik from heading south. He has a point: this year's March Madness tournament will feature Canadians such as Lebron Kendall, with the north



DENHAM BROWN, LIKE MOST OF CANADA'S TOP PROSPECTS, CHOSE TO PLAY IN THE USA



ranked Pittsburgh Panthers, and Denham Brown (who, as a Toronto teen, once scored 41 points in a game) of the top-ranked Connecticut Huskies. If Philip's plan could keep those athletes playing in Canada, it will be not just UBC's benefit, but to the country's as well. **21**

Watch March Madness... Beginning March 16 on Rogers Sportsnet.

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The initial healing period that follows having your teeth extracted is usually six to eight weeks¹ for a healthy adult. Your gums and other tissues will shrink and change during this time, so visits to your Denturist will be required to help ensure the best fit of your immediate denture. Your Denturist may place a temporary "soft liner" on the fitting surface of your denture. A soft liner makes chewing more comfortable, helping to minimize sore spots and improve fit.



What to keep in mind when choosing immediate dentures

- Immediate dentures are an alternative to being without teeth during the initial six- to eight-week healing period.
- Your gums will be smaller in size and shape after healing is complete.
- It is normal to require adjustments to your immediate dentures to your mouth health.
- An important part of the adjustment period is learning how to eat and talk while you are wearing your new dentures.

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You don't need a referral to visit a Denturist. Denturists must be licensed with the College of Denturists of Ontario in order to practice in Ontario, and their Certificate of Registration (license) must be prominently displayed in their office.

Depending on the number of teeth being extracted, there can be changes in the fit, bite and position of your denture as your mouth heals. The good news is that your Denturist will support and work with you to optimize the fit and comfort of your immediate dentures, making adjustments when necessary. Your Denturist will consult with you on future options, such as permanent retaking.

¹Healing may take longer if you are diabetic, smoke or have a medical condition or are being medicated that may slow healing.

PREVENTATIVE HEALTH: The reality of a balanced, healthy lifestyle

Research supports the importance of eating a balanced diet rich in whole grains, colourful vegetables and fruit, low fat dairy products and calcium rich alternatives.



Diet and nutrition, activity and stress management are important factors in maintaining good health all through our lives. It has been projected that, by 2030, chronic diseases will account for almost three-quarters of all deaths worldwide. But chronic diseases are largely preventable diseases, and with the right attitude and approach anyone can beat the odds. According to the World Health Organization report *Diet, Nutrition and the Prevention of Chronic Diseases*, eating healthily, maintaining normal weight and exercising throughout life can reduce the risk of progression to diabetes within a population by a striking 58%. And up to 80% of cases of coronary heart disease, up to 90% of cases of type 2 diabetes, and about one-third of cancers could potentially be avoided through changing lifestyle factors.

Nutrition experts abound and each one has an opinion about what does a body good. To make things even more confusing, as we learn more about how we process our food and what makes our bodies tick, what was common knowledge is modified or even retracted. Since the messages are mixed, and the food rules keep changing, how are we to know what we should be spooning into our gaping maws?

While the mixed messages are frustrating, ignoring what you should do to stay healthy can have long term negative repercussions.

So how do you tell myth from reality? Read on.

What goes well with asparagus? Omega-3 polyunsaturated fats are always nice.

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MYTH #1: The less fat you eat the healthier you will be.

We all need to eat some fat. It provides energy, is a source of essential fatty acids that our bodies don't produce, and helps our bodies to absorb fat-soluble vitamins A, D, E and K. Up to 30% of our calories should come from fat. So an average woman, 25-49 years of age, would have a daily fat budget of 73 grams while her male counterpart should partake of 97 grams.

**"I just love cheesecake.
So I stick with low-fat staples during
the week and reward myself on Friday
night with my special treat."**

Ellen R.

Fat Facts

The worst kinds of fats are **trans fats**, which are created when liquid oils are **hydrogenated** to provide a better shelf life. Found in packaged goods such as cookies and crackers, french fries, microwave popcorn, vegetable shortening and hard stick margarine, trans fats are major contributors to heart disease.

Saturated fats raise LDL cholesterol and are found in animal products like meat, dairy, eggs and some seafood. Some plant foods such as coconut and palm oil are also high in saturated fats.

There are two types of cholesterol — a good kind, called high-density lipoprotein (HDL) and a bad kind, called low-density lipoprotein (LDL). What really turns out to be important is the ratio between them. Someone with a total cholesterol number of 163 could be at a high risk if the HDL cholesterol made up only 17 points of that total.

On the other hand, someone with a cholesterol reading of 235 might actually be okay if her HDL level accounted for 74 points of it. An HDL reading above 60 is now recognized as actually lowering the risk of atherosclerosis or "hardening of the arteries", which is the chief cause of heart attacks.

Unsaturated fats reduce cholesterol and risks for type 2 diabetes and cardiovascular disease. Canola and olive oils are high in mono-unsaturated fats. Salmon as well as corn, soy, safflower and sunflower oils are high in polyunsaturated fats. Omega-3 fatty acids belong to this group and are good because they prevent irregular heart rhythms and blood clotting, improve cholesterol and triglyceride levels in the blood and help control the inflammatory process in such ailments as heart disease.

Take Action:

- Avoid trans fats: check labels, skip the potato chips, and bake cookies at home.
- Limit saturated fat to no more than 10% of your total calories each day.
- Trim your meat or stick to lean cuts.
- Know your serving sizes: a serving of meat is about 60-90 g (2-3 oz) — the size of a deck of cards.
- Switch to Omega-3 eggs.
- Switch to canola and olive oil.
- Fix fish (salmon, trout, tuna, sardines, swordfish) for dinner at least once a week.



FYI: Since soluble fibres can "trap" cholesterol and eliminate it from the body, balance your saturated fat intake by eating whole grains such as oats, bran, rye, brown rice, and psyllium along with lots of fruits and vegetables.

MYTH #2:

All grain-based foods are whole grain.



Whole grains are different from other grains because they contain all three parts of a grain: the fibre-rich bran, the middle layer called the endosperm, and the nutrient-packed inner germ. During the milling or refining process, both the bran and germ are removed from refined grains, leaving only the endosperm, the least nutritious part of the grain, so refined products are not as nutritious as whole-grain products.

"I couldn't figure out how to get enough grains into our meals at home so I bought myself a vegetarian cookbook."

It was packed full of ideas."

LISSA G.

Whole grains provide fibre and promote digestive health. Research links eating whole grains with reduced risk of chronic diseases including some types of cancers. According to the Canadian Heart and Stroke Foundation, whole grains contain an abundance of nutrients, which may help cardiovascular health. In processed or refined grain foods these nutrients are either removed or greatly diminished. Whole grains add texture, flavour and colour to your diet. They have a pleasant nutty flavour and in some cases—such as bread—make the food dinner, which also makes it more filling. Grain products give you energy for your busy day and the fibre in them help to keep you regular!

Women should aim for 25 grams and men should aim for about 38 grams of fibre each day. Sadly, most of us eat less than half that.

Take Action:

- Start your day with a bowl of whole-grain cereal or oats
- Make sandwiches on whole-grain bread or rolls
- Opt for brown or wild rice
- Try whole-wheat or vegetable pastas
- Add barley, brown rice or quinoa to soups and stews
- Substitute bran, oats or whole grain flour for part of the white flour when baking
- Snack on whole-grain crackers

No Time to Cook

A busy lifestyle can be a major contributor to bad eating habits. Between work, schlepping the kids to hockey and music, and making sure everything at home is taken care of, there's just no time to cook. Carol Dombrow, Registered Dietitian and Nutrition Consultant for the Heart and Stroke Foundation of Canada, suggests you find 10 simple recipes and make sure you have what you need in the house to make them. "One thing we tend not to do is plan what we eat. No plan means people resort to ordering a pizza or going to a fast food restaurant." Have sliced turkey and healthy bread to make healthy sandwiches after a busy day. Try having breakfast for dinner. Cook extra on the weekends so you have a fridge full of healthy choices for those very busy nights during the week.



JUST 3 SLICES A DAY.

"Make a heart-healthy difference by eating 3 slices of 100% whole grain bread or 1 1/2 loaves a day. Like Country Harvest with 100% whole grains. Made with all three parts of the grain (fibre-rich bran, germ and inner) Country Harvest grain breads and now bagels play a key part in a heart-healthy diet, contributing to your vitamins, minerals and fibre intake. And Country Harvest is the only complete line of 100% whole grain breads and bagels with omega-3 – an essential fatty acid which contributes to good health, normal growth and development. A healthy difference – it's as simple as 1-2-3!"



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Wholesome never tasted better

FYI:

Eating a healthy breakfast not only keeps you feeling full, it helps to rev up your metabolic functions, which is important for weight loss. Oats are a very good source of both insoluble fibre (the type that does not dissolve in water), which helps promote regularity, and soluble fibre (the type that dissolves in water), which helps lower blood cholesterol levels and may help maintain healthy blood sugar levels already within the normal range.



Dr. Isabelle Hurd
Doctor of Medicine &
Registered Dietitian

WHEN YOU LEAD, OTHERS FOLLOW.

Take a minute to find out if you're on the right track to heart healthy living.



How do you rate your heart health choices?

1. I have talked with my doctor about having my cholesterol tested

- (a) Yes
(b) No

2. Within the last year, I've had my blood pressure checked

- (a) Yes
(b) No

3. My typical eating habits are best described as:

- (a) Relatively low on fats, foods due to my hectic schedule.
(b) Rascally OK, but there's room for improvement.
(c) Aiming the point of eating really healthy foods
(whole grains, fresh fruits and vegetables, low fat dairy, etc.)

4. I'm a smoker (or I smoke occasionally)

- (a) Yes
(b) No

5. My physical activity level is:

- (a) Not great. Most of my day is spent sitting at a desk or behind the wheel, leaving the little, if any, active time.
(b) Could be better. I don't sit cross roads, but do try to take the stairs or walk whenever I can
(c) I pay a lot of attention to being active. I make sure I'm physically active for at least 30 minutes on most days

6. I am a heart healthy role model for those around me?

- (a) Absolutely
(b) Somewhat, but not all the time
(c) Absolutely not

Calculate Your Scores:

1. 1-2 3pts
2. 1-2 3pts
3. 1-2 3pts
4. 1-2 3pts
5. 1-2 3pts
6. 1-2 3pts

0-3 points

Congratulations! You're on the right track to heart healthy living. It's always important to make heart healthy choices as keep up the good work and continue talking to your doctor

4-5 points

Your heart health score may be a little low or off. Make it's time to think about your lifestyle choices. It's a long-term doctor's appointment

6-8 points

It's relatively time to reassess your approach to heart health. Consulting healthcare teams will not only benefit you, but will also keep them around you

For greater insights on your scores and tips to adopting healthier habits, go to www.quakerheart.ca

WHAT YOUR SCORES SAY ABOUT YOU!

If your heart health habits aren't making the grade, you're definitely not alone. Women across Canada point to the daily time-crunch and putting others' needs first as key barriers to prioritizing our own heart health. The good news is that even taking small steps and setting double goals—ones that don't require reinventing yourself—all go a long way when it comes to heart healthy living. This ad does not constitute, nor is it intended as a substitute for professional medical advice.

INTRODUCING www.quakerheart.ca

Designed to help busy women take charge of their heart health, this new on-line information service offers:

Ask the Experts

Top health professionals tackle the questions women ask most

Your Heart Health

Helps you determine your heart health knowledge, and your risks

Heart Beat

Keeps you on top of the latest heart health news from around the world

You and Your Doctor

Insights into what to ask and what to report about your heart health



www.quakerheart.ca

A woman's guide to heart healthy living



FOR THE HEART



WHEN YOU MAKE HEALTHY CHOICES, OTHERS FOLLOW.



FOR THE HEART

The best part of getting heart healthy is that your family often follows your lead. So exercise. Eat right. Start the day with foods that are low in saturated and trans fats. Like the entire line of Quaker® Instant Oatmeal. Chances are, you won't be doing it alone.



MYTH #3:

More than two eggs a week will give you a heart attack.

Yes, eggs have cholesterol. No, eggs won't give you a heart attack. According to the Dietitians of Canada, it's not so much dietary cholesterol that affects blood cholesterol levels; rather, it's the total amount of fat in your diet. Since eggs contain all nine essential amino acids, eggs are considered a complete protein. With up to six grams of the highest quality protein and 14 essential nutrients in every egg, they provide the energy needed to keep you going. And since protein helps your body control the rate at which energy is absorbed, it is the most filling nutrient and gives you energy that stays with you longer. So an egg for breakfast can help to curb afternoon cravings.

Canada's Food Guide to Healthy Eating recommends 2-3 servings of Meats and Alternatives every day. 1-2 medium eggs counts as one serving. Since one large egg contains just 5 grams of fat and only 1.5 grams of saturated fat, eggs can easily fit into your daily fat limit. And eggs are both inexpensive and easy to prepare.



FYI:

If your blood cholesterol is high, you can eat all the egg whites you want, but you should limit egg yolks to two a week. Most recipes turn out successfully using two egg whites with a teaspoon of oil in place of one whole egg.

Eggs contain a variety of substances that may promote good health including choline, a nutrient that is critical to brain function. They also contain lutein and zeaxanthin, antioxidants that may keep eyes healthy and ward off the leading cause of blindness—macular degeneration. Eggs are also one of the few foods that naturally contain Vitamin D, which helps to maintain normal blood levels of calcium, important for improved bone and muscle health. Researchers have also found that adults with the highest Vitamin D levels showed better lung function than those with low blood levels of the vitamin. And eggs contain chromium, a mineral that plays a role in carbohydrate and fat metabolism and has been known to lead to blood sugar problems if deficient.

Canada's Food Guide

Think the Canada Food Guide is like an old fuddy-duddy auntie telling you what's good for you? Think again. According to Carol Dombrow, the Food Guide is the single best resource for figuring out what we should be eating. "If you follow the recommendations, it takes everything into account. All that stuff out there that's grabbing your attention—like the glycemic index—is already built into the Food Guide." Can't figure out how to get all those servings the guide says you should eat into the day? That's because you're probably over-estimating what a serving is. "People are getting better for a reason," says Dombrow. "They're eating too many servings of both the right and the wrong foods."

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MYTH #4:

Dairy products are fattening and milk is full of preservatives.

When a food has been around as long as dairy products have, it's little wonder that a few myths have grown up around them. A glass of 2% milk has only 129 calories, while 1% weighs in at 108 calories and skim milk at about 91. And not only do you get great taste, with each gulp you're swallowing significant quantities of Vitamins A, D, B6, B12, thiamin, niacin, iron, folacin, pantothenate, calcium, phosphorus, magnesium, zinc, potassium and protein. The only additive to milk is Vitamin D, something that is done as a public health measure to prevent rickets, not to extend shelf life.

Dairy is also a great source of Omega-3, an essential fatty acid that helps to reduce the risks of and complications due to heart disease, stroke, elevated blood cholesterol and diabetes. Since our bodies can't produce Omega-3, it's important to include it in our diets. Look for yogurt and cheese enriched with Omega-3 to build a healthy immune system, reduce the risk of some cancers, improve vision, and prevent and treat depression, Alzheimer's disease and rheumatoid arthritis.

Dairy products' big bonus on the nutrition front is calcium. Kids need it because their teeth and bones are growing. And calcium, along with regular weight-bearing exercise, can help to prevent osteoporosis. Think you can get the calcium you need from other sources? Maybe. Vegetables such as bok choy, broccoli and kale, and nuts such as almonds and sesame

seeds contain calcium. But come to the table with a big appetite. You would have to eat 750 ml. of broccoli or 250 ml. of almonds to get the calcium found in 250 ml. of milk.

"I just couldn't get my 12-year-old daughter, Alex, to eat breakfast in the mornings. No matter what I offered her, she turned up her nose. My friends all said it was typical teenager. But since she was downright miserable by end of school, we had to change something. We came up with a smoothie she loves." Gail P.

Alex's Breakfast Smoothie

2 Egg whites
2 1/2 fl. vanilla yogurt
2 1/2 fl. maple syrup
2 1/2 fl. milk
1 Banana

Canada's Food Guide recommends 2-4 servings of milk products per day. One serving is the equivalent of one 250 ml. glass of milk, 2 slices of processed cheese, 50 g of cheese (looks like 3 dominos) or 175 g yogurt.

Take Action:

- Use milk instead of water when preparing canned cream soups.
- Add skim milk powder or yogurt to sauces or casseroles.
- Use evaporated milk, low fat sour cream or unflavored yogurt instead of cream in sauces.
- Lactose intolerant? Shop for milk in which the lactase has already been broken down or use chewable lactase tablets. Substitute soy beverages. Try hard cheeses and yogurt as milk alternatives.

FYI:

Just because chocolate milk tastes decadent doesn't mean that it's a bad choice. Chocolate milk has the same 15 essential nutrients as white milk, with cocoa powder and sugar added. And the amount of sugar in a glass of chocolate milk is comparable to that found in a glass of unsweetened orange juice.



Be At Your Best

Our bodies cannot produce omega-3 polyunsaturated fatty acids and these are considered an essential part of a healthy diet. Fortunately, Astro® BioBest® Omega 3 yogurt, enriched with active probiotic cultures, is a source of omega-3 polyunsaturates. And that's not all. Astro® BioBest® Omega 3 is low in saturated and trans fats. A diet low in saturated and trans fats may reduce the risk of heart disease.



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Omega 3

Helping you be at your best.

MYTH #5:

If I take a vitamin every day I don't have to worry about eating fruits and vegetables.

How much fibre do you think is in one of those vitamin pills? Considering how yummy fruits and veggies are, it's puzzling why Canadians miss the mark on gobbling up the 5 to 10 servings a day recommended by Canada's Food Guide. It may be because we can't figure out how to work in that many servings every day. But a serving may be smaller than you think. One medium-size apple, 1/2 cup of raw carrots, 1 cup of salad, a 1/4 cup of dried fruit or 125 ml of fruit juice will do the trick. Basically, if it's a handful it's a serving.

The world of nutrition is on a learning curve, and fruits and vegetables are one of the categories that are delivering newly discovered benefits all the time. "Five years ago we didn't know about flavonoids—the pigments in a lot of fruits and vegetables," says Sharon Zoller, Senior Manager, Nutrition Initiatives and Strategies, at the Canadian Diabetes Association "and they help to keep cells healthy so they can fight disease."

Come winter, some fruits and vegetables can get expensive.

ANSWER: Canned and frozen fruits and vegetables are a good alternative. Not as nutritious you say. Hoosy! Because fruits and vegetables are processed a few hours after harvesting, both taste and nutrients are locked in. And even though some canned alternatives may be a bit higher in salt and sugar than their fresh and frozen counterparts, they still offer the same variety of essential vitamins, minerals, and fibre that the body needs to stay fit and healthy.

But fruits and veggies aren't just about fibre. They are low in fat and are packed with vitamins and antioxidants. And there's more to some fruits than most people give them credit for. An orange not only comes up a full day's worth of Vitamin C, it supplies your body with Vitamins A and B6, calcium, iron, thiamin, riboflavin, niacin, folate, phosphorus, magnesium and copper.

Eat a handful of broccoli, red peppers, strawberries, oranges and lewis for Vitamin C, which is needed to prevent infections and heal cuts and bruises.

Blueberries are not only delicious, they contain disease-fighting antioxidants. A 2/3 cup of blueberries supplies the same antioxidant protection against free radicals as 1,773 IU of Vitamin E or 1,270 milligrams of Vitamin C. Cheap on dark green leafy vegetables, asparagus, green peas, oranges, corn and pineapple for folic acid, a B vitamin needed for healthy blood and to protect against neural tube defects during pregnancy. Gobble up red peppers, tomatoes, broccoli, mango and cantaloupe for antioxidants, which can lower your risk for heart disease, stroke and certain types of cancer.

Take Action:

- Eat fast food that's good food: bananas, pears, blueberries, oranges and apples are all easy to tote
- Be adventurous: buy one new type of fruit or veggie each week
- Steam vegetables to keep the nutrients in
- Use pre-washed, bagged alternatives if you're short on time
- Stir diced fruit, fresh or dried, into muffin, bread or cookie batter
- Add chopped broccoli, spinach or Swiss chard to tomato-based pasta sauce



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active healthy kids

Nature's own refreshment, for your naturally active kids.

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Love the way nature makes it.

Nutrition Labels

The variety of foods in the grocery store and a random approach to food labelling means we are often faced with confusing information about which foods are a healthy choice. New labels that clearly spell out a product's nutritional value are now law. With the nutrition information on food labels you can:

- Compare products more easily
- Determine the nutritional value of foods
- Better manage special diets
- Increase or decrease your intake of a particular nutrient

Reading the Label

Servings: Serving sizes differ from one product or brand to the next, so compare them to the amount you eat. Values listed for the 13 nutrients are for the serving size indicated.

% Daily Values: Based on recommendations for a healthy diet. If a food contains 240 mg of sodium and the Daily Value for sodium is 2400 mg, this food is providing 10% of the Daily Value.

More or less of a nutrient: Use the table as a guide for nutrients you are trying to increase (e.g. fibre, vitamins A and C, calcium, iron) or trying to decrease (e.g. saturated and trans fats, cholesterol, sodium).

Fat: Note the amount of saturated and trans fat in the food. Try to eliminate trans fats. "The total of trans and saturated fats should be less than 10% of your daily fat intake," says Sharon Zeiler.

Fibre: Foods with more than 6 grams are very high sources of fibre.

Salt: The % Daily Value will help you understand if this food has a little or a lot of sodium. Carol Dombrow suggests you pay particular attention to this since sodium is a significant factor in raising blood pressure.

Sugar: Sugar adds flavour and taste but is also a source of calories. There is no % Daily Value for sugar. The table shows the content of sugars from all sources. To know if sugars have been added, look at the ingredient list for corn syrup, dextrose, fructose, glucose, malt syrup, or invert sugar.

Among the products exempted from the new labelling rules are raw meat, fresh fruit and vegetables, herbs and spices, beverages with more than 0.5 percent alcohol and food prepared in-store, such as bakery products.



FYI:



Want another clue about what's good to eat? The Health Check program (www.healthcheck.org) from the Heart and Stroke Foundation makes it easy to make healthy food choices by displaying the Health Check symbol on food packages. The program is based on Canada's Food Guide to Healthy Eating and Nutrition Recommendations for Canadians. The symbol indicates that the product's nutrition information has been reviewed by the Heart and Stroke Foundation and meets strict nutrition criteria.

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The Heart and Stroke Foundation of Canada would like to acknowledge the generosity of our corporate supporters who each contributed over \$100,000 last year. Your support for national events and other public education activities is helping millions of Canadians learn how to prevent their disease and stroke, and assisting with the research that's finding answers for life.

To learn how your organization can play a part, log on to www.heartandstroke.ca.

The Heart and Stroke Foundation thanks McDonald's for making this acknowledgement of support possible.



Finding answers. For life.

MYTH #6:

If you don't commit to working out hard and often, exercise is a waste of time.

It is exactly the type of myth that keeps a lot of people from starting an exercise program. But putting off the inevitable only means it's that much harder when you do start. And total denial about the need for regular activity to stay healthy is virtually impossible since we are deluged with information about our health and what we have to do to maintain it. So you can feel guilty or you can get busy!

According to the Public Health Agency of Canada, inactivity leads to declines in bone density and strength, heart and lung fitness and flexibility. In fact, inactivity is as harmful to your health as smoking. You only have to be active for one hour each day to be healthy. And you can add up your activities, 10 minutes at a time, to get that daily total.

Every little bit helps. Sharon Zeiler says, "Research has shown that in high-risk people, reducing weight by as little as 5% helps to reduce risk of type 2 diabetes by 58%—it's a matter of combining physical activity with healthy eating."

Aim for a balanced mix of endurance, strength and stretching exercises. Continuous activities that make you feel warm and breathe deeply will not only increase your energy but also improve your heart, lungs, and circulatory system. Strength training becomes especially important after age 40. Choose not to exercise and you can expect your muscle

performance to decline at a rate of about 5% per decade, and regular stretching becomes essential. Yoga, tai chi or Pilates classes can help.

Studies show that exercising first thing in the morning boosts your metabolism and energy level. Start out slowly and work towards achievable and realistic goals. Consider a Workout Buddy since a commitment to someone else can help keep you on track. Participate in different activities throughout the week and add to your routine by incorporating strength training and flexibility exercises. Since it takes 21 days to form a new habit, keep your objectives realistic and stick with your program till you're in a groove.

Take Action:

- Park the car in the furthest corner of the parking lot
- Use the stairs instead of elevators whenever you can
- Substitute a 10-minute walk for your 10-minute coffee break
- Put on some tunes and dance for 10 minutes to your favourite music while you do the housework
- Organize a mall-walking group
- Try a new activity with each season change to avoid boredom—an exercise routine killer
- Exit the bus two stops early and walk home
- Walk or cycle to work



FYI:

Impaired balance is a major cause of falls in older adults so you should include balance training in your current daily activities: stand on one foot while washing the dishes. Change legs to dry.

BETTER BE ACCURATE

if you have diabetes, your health management depends on accurate blood glucose readings. But readings can be inaccurate if the meter isn't coded properly—in fact, results can be off by as much as 43%¹, putting your health at risk. Ascensia® meters with **No Coding Required™** technology automatically code themselves, so you get reliable, fast accurate readings you can count on every time. So be accurate! Demand an Ascensia meter with **No Coding Required** from your pharmacist.

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MYTH #7:

No symptoms, no stress.

An absence of symptoms does not mean an absence of stress. And even when symptoms start to show up, the early ones—headaches, increased susceptibility to colds—are likely to be ignored. With more exposure to chronic stress, however, more serious health problems may develop including depression, diabetes, obesity, tooth and gum disease, and ulcers. Stress may also contribute to the development of heart disease and stroke since high or prolonged levels of stress may lead to higher blood cholesterol, increased blood pressure and the creation of blood platelets that are more likely to clot.

The first step in managing your stress is figuring out the cause. The kids are yelling or your husband won't stop shopping. Your wife has just lost her job or your boss hates you. You're going to break if you don't bust that stress. And if you're angry, smoking and drinking more than moderately, you may as much as triple your risk of heart attack.

Talk to a friend and you'll start to feel better. Make time for your favourite activities or people. And don't forget to pet your pooch. Just having Rover nearby can reduce your blood pressure under stress by half!



Laugh. It's your body's natural stress-release mechanism. And since tension accumulates in your neck and jaw, take a minute to gently and slowly move your head from front to back, side to side, and in a full circle. Stretch your mouth open and slowly move your lower jaw from side to side and front to back. Now, breathe deeply, relaxing the muscles in your shoulders, arms, back. Work all the way down to your toes.

Physical activity is another effective stress remedy. So if you feel yourself going off the deep end, chop some wood, go for a long walk or clean out the garage. There now, doesn't that feel better?

Take Action:

- Use relaxation techniques like deep breathing.
- Watch a funny movie or TV show, read a book. Slow down and do one thing at a time; remember it doesn't have to be perfect!
- Learn to say "no."
- Share your problems—talk away the stress.
- Exercise yourself physically—take up kick-boxing or ballroom dancing. •

FYI:

Eating chocolate causes the brain to release endorphins, chemicals that make us feel good. And a surprisingly small amount—half an ounce, which is about a third of a candy bar—will do the trick.

LIVING WITH HIGH CHOLESTEROL YOU NEVER KNOW WHAT'S AROUND THE CORNER



Don't delay. Take control of your cholesterol now.

Some risks are controllable. One of them is your high cholesterol, which can lead to heart disease such as a heart attack or even a stroke. Heart disease is the leading cause of death in Canada¹ and about one quarter of heart attack sufferers do not survive.²

Life is precious, so why not take measures to reduce unnecessary risk? High cholesterol is manageable. A healthy lifestyle is an essential part, but sometimes not enough. So it may be necessary for your doctor to incorporate other measures.

Since high cholesterol is a major risk factor for heart attack and stroke, why take a chance by doing nothing about it?

You may not feel high cholesterol, but you could feel its impact. Make the Connection. Join the millions of Canadians who are taking action, because you never know what's around the corner...

Talk to your doctor or, for more information, call 1-877-4-LOW-LOL (1-877-456-9535) or visit www.makingtheconnection.ca

Make the Commitment.

Cholesterol & Your Heart



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Canadian Association of Certified Nutritionists
Association canadienne des nutritionnistes certifiés

1. Statistics Canada, Causes of Death, 2002
2. Heart Attack, Stroke & Coronary & Vascular Heart and Stroke Foundation, 2002

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Medical tips for wild living

Changing for a durable party

Can the CBC's newest miniseries break out of the stuff 'em and mount 'em mould of historical drama?

【参考文献】

BY BRIAN D. JOHNSON Michael Thiemann has a confession to make. Before he was cast as Jimmy Douglas, he'd never heard of the guy. Two years ago, CBC viewers had voted Douglas the "present Canadian" of all time, but none knew the reputation of this national legend—five-time basketball champion, premier fisher of medicine, first leader of the NDP—had eluded the 72-year-old destined to portray him. Thiemann figures it's a generational thing. "Most of our friends didn't know who he was either,"

to curate our heritage single-handedly—to sniff and anoint the national legacy, and to legislate, in a kind of max-maximist of historical dramas. Exhibits have included the 1900-1910 Prudens and January's peopled booth, Prudens N. And firing recently wrapped up on two more dramatics, *Amal Liqueur*, and *October*, 1970, marking six hours and

Francis Gaver, a general but passionate proponent of socialist ideas, both in the music and writing worlds, is the author of *The CBC: How it Works*. It is a book that is as much a critique of the CBC as it is a defense of it. Gaver is a man of many talents, and his book is a testament to his ability to see the world from a different perspective.

Therapy ends on a tragic note—with Douglas dying of cancer in 1986—and you're left wondering, where did it all go? It's like watching the death of a national dream.

As a quick refresher of Canadian history in the carnival of prime time, *Pravda-Canada*—which is up against *Deposited Manuscript* in its first hour—also makes you wonder if this token CBC drama may be the last of its kind: *Like Paul Lévesque and October*, 2010, the *Deposited Manuscript* was commissioned before a regime change put Richard Stursberg in charge of CBC English television. After *Trudeau* it failed to attract viewers by the wiles of the CBC look-alike, Stursberg explained that “anyone people aren’t so interested in documentaries that date all the way back to the 1940s.”

Well, the Douglas story goes all the way back to 1913/1914, to the Dust Bowl and the Depression. But a contemporary perspective only makes it *more* exotic. Douglas was an openly religious Christian leftist, a species now virtually extinct in an age when Christian fervour has become a right-wing franchise. And by any measure, regardless of ideology, he left an extraordinary mark.

A Scott-born Baptist minister who pursued politics with righteous zeal, Thomas C. Douglas founded a Liberal dynasty in Saskatchewan, and became the first socialist elected to run a government in North America. Heading five successive majorities as provincial premier, he introduced milestones that included Canada's first bill of rights, its first 40-hour workweek with paid vacations, its first government insurance plan, and its first universal medical health coverage. (used)



says the Toronto stage actor, who makes his film debut as the star of *Pravie Ghost: The Tommy Douglas Story*, a four-hour CBC miniseries airing March 12-13.

Among younger viewers, Douglas is less famous than his grandson, 24-year Kiefer Sutherland—another example of our chronic failure to raise heroes from Canadian history. And in a fraying cultural landscape, it often seems that the beleaguered CBC is left

FRANK LEVIN: Douglas (left), Theriault with co-stars Booth and McKellar (far right)

perhaps the program's original January air date on the grounds it could enhance the federal election. However, there's a political drama might give people ideas at a time when they could put them to use. Yes, *Pravda* (Globe) does want to see its production on television. But it hardly seems designed to drive voters into the arms of the NDP's Jack Layton, who seems bloodier and calculated next to this stark portrait of Douglas. The drama is not so much a rallying cry as an invitation to nostalgia. It conjures a few words of eloquent idealism, when Canadiana culture was accused by

creating the country's first Medicare system. At the same time, Douglas modernized the province, connecting farms with electricity and paved roads, and was a strict fiscal conservative who kept out debt and balanced the provincial budget. Later, leading the NDP in Ottawa, he helped fuel a generation of Liberal social reforms.

His daughter, actress Sherley Douglas, was the prime mover behind *Pearse*. Originally she had hoped her son would portray him, but he got too busy making movies. So M. Fuchsoff the producer

John M. Smith, a veteran Montreal filmmaker best known for depicting pedophile priests in *The Way of St. Vincent* and making *Dogwood* (which costarred Smith's son, Bruce N. Smith, wrote the screenplay, and "Shirley was fantastic" as a research source, says the director, but she didn't like the script, and withdrew her blessing before filming began). Although *Pointe à Cluise* verges on biography, its director says it's "a more balanced portrait than I felt Shirley warranted." As his son explains, "the want's come-kinda-when exploring the personal life of the man, and the way we portrayed his reluctance to take the job of NDP leader."

Slipping over most of Douglas's career in Ottawa, the filmmakers wisely chose to dwell on the dramatic early years as a fugitive number being drawn into politics and his triumph as premier. They put a strong focus on his wife, Irene (Krisa Booth), as a quiet but strong-willed woman who makes her influence felt. And they show his father-in-law, where local faces and landscapes add a vivid sense of authenticity—the older actor regaled the crew with his own memories of Douglas.

Smith's aim: "That's the most intense study we did of the facts," announces Smith. "But it's not a documentary. It's fiction. There were no alternative events. They weren't all created into 35 minutes. But the facts have been remoulded into something that I consider essentially true." He adds: "It was impossible to find any dirt on Douglas, aside from the fact he was a relentless workaholic."

The local "moulding" is consistent with the film's heightened dramatic style. "We didn't use it as a propaganda piece," says John Smith. "But there were good guys and bad guys." The filmmakers draw on Douglas's own words to set the movie's high contrast moral tone. His famous "Montreal" speech is reproduced verbatim. It's a brilliant flight of ideological rhetoric, with a scenario of mice ritually eating black rats, then white rats, then black-and-white rats instead of mice.

In *Thermalt*, Smith chose an actor who could bring a theatricality to the high-octane strategy. A seven-year veteran of Stratford, he starred in Toronto's production of *The Producers*, spent six months on Broadway doing *Poodle on the Roof*, and is now playing Gollum in Toronto's new musical of



FAMILY TIES: Thermalt's Douglas (left), Shirley Douglas and son, Ian Hunter (right)

local treasurer Clarence Rance, Andy Jones (a dead) Maclean's King, Nicholas Gaerphill (a real Liberal politician), B.M. Thompson (a real-life leader of a doctors' strike), Jeanne Carver (a real Baptist church official), and Paul Grant (a magisterial John Deerebauer). "Everybody wanted to be in this," says Smith, "in spite of the fact there was no money."

Thermalt, meanwhile, tackled the lead with great panache. And over a lunch interview, before a two-hour makeup session to transform him into LOTR's Gollum, the director

Kiefer's mother had hoped he would portray Douglas, but he got too busy torturing terrorists on 24

rive, blue-eyed actor is studiously re-postured by Terry's spirit. He comes with his thick black book full of pencilled scribbles—quotes from Douglas—and a read of index cards punctuated with highlighted excerpts of speeches that he copied and cut from *Harvard*. As his lunch goes cold on the plate, Thermalt can't stop chugging out quotes. "Just one more," he says, locating a line that Douglas borrowed from George Bernard Shaw. "Some look at things as they are and ask, 'Why?' I look at things as they ought to be and ask, 'Why not?'" Thermalt shakes his head. "Amazing. No one speaks like that now."

So is the actor who had never heard of Terry Douglas a socialist convert? He pauses, as if wondering what to say on earth that might impress in 2005, then says, "Yeah. I think so."



But the movie takes poetic license in one dramatic scene: the portrayal of a 1910 demonstration by striking miners in Timmins, Ont., that left three miners dead from bullets fired by the RCMP. In the drama, Tommy and Irene show up at the funeral of a RCMP officer who shot the miners' bodies will be left on the ground overnight. The couple nurse the wounded, and one of them dies in Irene's arms.

Three miners were in fact shot dead by the RCMP. But miners' bodies were not left on the ground. Some sources Bruce Smith says he took that detail from rumour during the Winnipeg General Strike in 1919, which Douglas watched in shock from a rooftop at the age of 15. And there's no record of anyone dying in

The Land of the Kings. Thermalt brings such spirited optimism to Douglas's character, you half expect him to break into song. It's not "Let's put on a show!" It's "Let's put on a government!"

Thermalt is surrounded by a who's who of movie actors who stayed in Canada—including Don McKellar (who shines in pro-



THE OLYMPICS ACCORDING TO TV

"Take a look at the gold medal count. We're tied for third with Russia. You can chant, 'We're No. 3.' You can't chant, 'We're No. 3—'and by the way, so is Russia!" —The *Colbert Report* talking about the U.S. team

"NBC now has 418 hours of Olympics viewing. You know what NBC currently calls 418 hours of programming? *Love & Order*!" —The *Nightly Show* with Jay Leno



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THE MANNING GROUP the series as all the other World of Outlaws, including the Coors Light's WFO Only Men 18 & Over.



A doctrinaire lefty, but he makes me sing

Tip Harburg's verse disappoints. Compared to Ding Dong! The Witch is Dead!

● 2010 年 10 月 1 日起实施

BY MARK STEIN Do you know the music? Try Barbra! He wrote the lyrics to *Over the Rainbow* and *Wildcat* (and *My One and Only*), plus the score for *Pinocchio* and *It's Only a Paper Moon* and *April in Paris*, and one of the all-time great ballad crooners after Billie Holiday. *My One and Only* was being filmed. Along the way, his big career was up with one of the very best definitions of songwriting: "Words make you think a thought. Music makes you feel a feeling. A singer says you feel a thought." That's balladry, says my looking at what lyrics and music add to each other when they blend as perfectly as in *Last Night When We Were Young*.

Yip-tse! for Yip, which is Yiddish for "agony!"—had been in the electrical appliance business but lost all his money in the 1929 crash and figured he might as well work his way back to sobriety the same way his pals the Gershwins were doing. He was a drill fellow on the vocational side of life. He armed himself with writing French poster templates for collection departments—a "Rougeur Trade," followed by a "Delinquent Rondaire." But it was one whimsical feat of commentary that gave Hefling his first landmark hit and America the anthem of the Depression years. *Breaks Out, You Say? A Dime?*

And that was the other side of Tip. He was the most explicitly political of the golden generation of American song. If you're looking for savage indictments of economic and foreign policy in the catalogues of Cole Porter, Irving Berlin, Rodgers and Hart, the pickers are all over. But not in Ellington's. The leftness inhibited his career both in Hollywood, where he was blacklisted in the fifties, and on Broadway, where there was no blacklist but the heavy-handed monitoring of some of his later shows dobbled those commercial prospects.

politics against him, if only because, if I did, you'd be able to hunt him on the vast empty plains of any library. On the politics of entertainment I take the line of the ferociously left-wing British Labour MP Tony Benn, who said, "Bob Hope's a right-wing Royalist. But he makes me laugh." If a library may be a do-

to hunt bison on the vast empty plains of my library

measure-and-capsulate but he risks racing—and there are few races I love to follow along with more than Ding Dong! The Witch Is Dead, especially their glorious middle section.

She's gone where the goblins go
Below! Below below, jo-ho!
Let's open up and ring
And ring the bells out—

Marbury died in a car crash in Los Angeles exactly 25 years ago, and the other day I opened up the mail to find a new edition of his last work from the sixties and seventies, *Rhythms for the Irresolute*. I was delighted, at least for a moment. But then my eye fell on the one the press release chose to single out, as evidence of the book's timeliness:

History Lesson
We learn that after every war
That life is not worth dying for
Does one really learn that? After, say, the Sec-
ond World War? Shows of music, Herzog's

words don't make you think a thought so much as feel the swiftness of the assumptions behind it. I stand at the couplet for a few moments, trying to figure out what it was that made the countering abstractions of the sentiment so apt. At first, I thought it might be the form—that the very act of rhyme makes a thought too far, too near. But then I remembered Hilfredd's two-line poem, in which the rhyme shows precisely the tension in the conflict argument.

Pale Chemist thought it wrong to fight
But Aesop's Ball (who killed him) thought
it right.

Which is something we promptly forget after every year. Belongs an early-governor sent out on his back, the terrible state, within in 1812, when government "social programs" were in their infancy, knew exactly that they would cumulatively turn into incensed citizens two-life-long children, as European governments are finally beginning to consider. By contrast, Harburg's position seems poised somewhere between delusion and fluffy nihilism. To reinforce their topicality, some of Harburg's verses have had their period references updated. The first word of this poem was originally "Nihilism."

*Duhyun went to church each week
With conscience to reform,
He sang his psalter
While dropping bombs,
And bashed on God for peace!*
Presumably the editors are confident that
Hwang would have felt about Duhyun as he

Asks about why other Republicans think the case with which they make the abstraction doesn't make the point scarcely relevant or much as remind you of the unbalanced actuary of "progressive" trapes. The same quality will be on display as the German that work, as Hollywood recognizes itself as "speaking truth to power" because it had the courage to make a film about, say, McCarthy. That's it? At last count, the various banners on the heads of Danish caricatures were up around 15 million bucks, but Hollywood defines "heresy" and "dissent" as making a movie about Joe McCarthy?

Butts, said Anacleto Fournier, are "the unacknowledged legislators of the world." To begin with it is, the world would be a worse place if they were actual legislators. Like most folk, for a long time I vaguely accepted the idea that "artists" had unique insights into the human condition: that's why the CBC will invite a novelist to ex-

Few groups have been so wrong on so much as the free world's literary class of the 20th century

ground on, say, the Iraq war while surely extending the opportunity to a sergeant with the Princess Patricia's to expound on, say, the Bosnian Peace Initiative. I gave up on the notion of artistic integrity after watching the British novelist Fay Weldon (working away with her "concerns" about Gorbachev's stoniest reforms of Communism) "blatantly" going to bring in the harvest" on the frozen, warping visions of baculae collectivism unseen since those posters of hairy teacher flailing Soviet Union. So I said all right. Few groups have been as wrong on as much as the first world's literary class of the 20th century.

The cartoon *Head* is a good reminder of that. In the sense that it's Salman Rushdie revisited, it's the unapologetic example of Mann's observation on history repeating itself: first

magically if force. Or, in this case, first the unreadable literary novel, then the facing pages. One notes, though, that the Danish consuls were at least sufficiently pliable to let us understand what they were doing. Faithful wound up on the receiving end of a farrier because the metropolitan English novel had become almost entirely disconnected from anything beyond itself. To read the original review of *The Sensitive Hours*, in which the offending passages were over-noted, is to meet a sort of strange, self-drawing room, comfortably insulated from the real world. Contemporary English letters were surely the too trivial to be at the eye of such a great social and political scandal. Unfortunately, the *Asynklon* reviewers didn't use it that way.

It should be said, eventually, to be nonrelativist, year or two after going into hiding. "You know the old Chinese comic which says, 'May you live in interesting times?' Well, here I am—living in interesting times. Writers shouldn't have less than interesting. It gets in the way of your work." If it means it, it means to be left alone to be literarian, not taken heavily by crazy theories. One symposium for a leading number of a profession which is still rampant in its relevance, those words were a poignant admission of defeat. Today, the post-fests like *Itzhak* is one of the most celebrated artists of our time, a novelist, a columnist in his journal (the *Arztzeitung*) and one of his comfortable literary conversos (again has more about the world than his literature) and

Perhaps there is something about the artistic sensibility that makes it among the least qualified to weigh primal challenges. So we'll put away Yip Harburg's politics, and go back to his songs. Where oddly enough the Cowardly Lion's plaint seems more "adequate" to the present fear-heartedness of Western civilization than anything in *Allegory for the Immigrant*.

Oh, I could show my prowess
Be a lion not a mouse
If I only had the nerve. //

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CONCLUSIONS AND RECOMMENDATIONS

Titles		LAST WEEK ON CHART
1.	THE SA BING CODE by Glen Erikson	422
2.	THE LIGHTHOUSE by P.J. James	138
3.	THE SENT by Margaret Atwood	403
4.	THE TIME IN BETWEEN by David Bergen	332
5.	THEORY BY REALITY by Joseph Boyden	NEW
6.	CELL by Stephen King	NEW
7.	THE SEAL by John Grisham	184
8.	A PERFECT NIGHT TO GO TO CHINA by Guy Vanderhaeghe	719
9.	THE BRICKWORK FOLIES by Paul Auster	502
10.	THE PIONEERMAN by Margaret Atwood	NEW

New-Port-Haven

1. PERFORMANCES by Steven D. Leeder and Stephen L. Ochsner	3.00
2. HARLEY & ME by John Granger	0.00
3. THE JUDGMENT OF PARIS by Ross King	4.00
4. POSTMAN by Terry Jeff	2.00
5. THE YEAR OF MAGICAL THINKING by Juan Dalen	0.00
6. TEACHER-MAN by Frank McCourt	2.00
7. THE BEIGE BOOK OF BRAYS by George Gibson	4.00
8. TAKE TO THE ROAD by Lynne Truss	7.00
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His little brother's gruffed cheeks, sandstone, painted, and never, almost in reach in writing.

Bright—and early. And hot, hot, hot.

A serious B.C. kid named Cameron Bright shines in four new movies

BY KAREN KIDMAN • Growing Sooner than most, Cameron Bright is a star in the making. Think *Star Wars*: It's only for the middle of March, and he's already in *Star Wars*. What do these four films have in common? They're all Cameron Bright's, self-selected 11-year-old from Nanaimo, B.C., whose credits already include leading roles in *Star Wars* (with Nicole Kidman), and *Godzilla* (with Robert De Niro), both 2004 movies that generated controversy and both premiering in Vancouver, and Cameron's another, *Anne Shirley*. "I can't wait for him to be seen again," she says, "because he has almost been... just forgotten but people haven't seen his face on the big screen for a while." Of course, Cameron was in the sci-fi show *Stargate SG-1* last year—*"Just TV"* his mother says. "But he was the cliff hanger. He played an ancient. I guess they chose him because of the role in *Star Wars* because he played that one so well."

Cameron Bright was all of 2½ when he played *Star Wars*, and, old news or not, the movie's promise could be a reason for the press. He played *Kidman's* dad, a handsome character actor, as a young boy, and *Star Wars* was a long, long time ago. "I was a little bit of a star," he says. "I was a little bit of a star." Cameron Bright was all of 2½ when he played *Star Wars*, and, old news or not, the movie's promise could be a reason for the press. He played *Kidman's* dad, a handsome character actor, as a young boy, and *Star Wars* was a long, long time ago. "I was a little bit of a star," he says. "I was a little bit of a star."

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Talking to Cameron, who has just come home from a sleepover, in one part about Cameron and one part about his life. When he is asked if being in *Star Wars* was a big deal, he says solemnly, "I was just a little boy. I was just a little boy. I was just a little boy."

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Whether this is a sign of something that will have a lot of success. And how he enjoys himself? "I put a lot of love in my work," he says. "I put a lot of love in my work." "I put a lot of love in my work," he says. "I put a lot of love in my work."

Still, his journey has been straight-up. Cameron is training over the weekend on Bright and his team dog find commercial together in years ago. After *Star Wars*, Cameron landed a small part in the movie *Star Wars* that led to a part in the movie *Star Wars*. "I was crying and Cameron said, 'Mommy, just stay home and be my manager,'" she says. Unless you count chaperoning, bookkeeping, reviewing tapes on set, and sometimes on the set, Cameron's life is a lot of work. "I was crying and Cameron said, 'Mommy, just stay home and be my manager,'" she says. Unless you count chaperoning, bookkeeping, reviewing tapes on set, and sometimes on the set, Cameron's life is a lot of work. "I was crying and Cameron said, 'Mommy, just stay home and be my manager,'" she says. Unless you count chaperoning, bookkeeping, reviewing tapes on set, and sometimes on the set, Cameron's life is a lot of work.

Cameron says he dreams about a certain Mercedes that will cost nearly half a million dollars, but he says solemnly, "He has aspirations," says Jacqui Kase. "And he is capable of far more. With this age."

WE'RE STALKING...GEORGE CLOONEY

It's a case of George's Angels, as three women are circling the Northern star. Lucy Liu claims they're only friends, while recent director companion, Teri Hatcher, is in the shadows. In the spirit of *Breakfast at Tiffany's*, Clooney agreed to go with talk-show host Larry King. We're talking about George.



FORGET HOCKEY DAD! No, he won't take you to the rink, and he won't buy you a chocolate bar. There's nothing heartwarming about it.

Forget Hockey Dad. Meet Anti-Hockey Grandpa.

He's the star of the *Tim Hortons* Olympic ad. But what kind of monster is he?

BY TONY KILLER • Just be glad he wasn't your father. Or maybe he was.

Among the ads in high rotation during the *Tim Hortons* Olympics were Bill's beers with colleagues, humanity with Tophits-induced Incoherence and three generations of Chinese-Canadian men in *Tim Hortons* ride-along spots.

At first viewing, it's a heartwarming tale of fathers, sons, immigrants and hockey. Don't get any more Canadian! "Watching it, you probably choked up a bit. But after seeing it for the fifth or 10th time, you may have started to wonder: What kind of a dad hates hockey so much, and loves his kids so dearly, that he refuses to go to his son's games—though he did once or twice make a peek through the *Zamboni* tunnel, keeping his nose averted, as if the risk were a smelly house?"

Canada, you know *Hockey Dad*. Meet his nemesis, *Anti-Hockey Grandpa*. No, he will not drive you to the rink. No, he will not buy you a chocolate bar after the game.

For those who haven't seen the ad, a plot summary: somewhere in Canada, Grandfather, upon first-generation purchase of a Chinese-Canadian family, has come to the rink to watch his grandson, *Timothy*. The father disapproves to see grandfather, who has never been to see *Timothy* play before. As they sit, the grandfather, making small talk, says that *Timothy* is a good player. "Better than you," shouts back grandfather. The father shakes his head, asking, "How would you know?" You see, after all, *Anti-Hockey Grandpa*. You never came to see me. You hated hockey, thought it was inferior from school and home. (Flashback to the early 1970s, and the men being dragged out of a small hockey game by the patriarch's "You must study harder," admonishes the old man, leading him back to the house while blindfolded and hooded boys play on. "Not just hockey all

the time.") He spits out the word, "hockey."

So how can grandfather know that *Timothy* is a better player than the father? "It comes with it," says grandfather. The son can't believe it. "Okay, what team did I play for?" asks the son. "You right wing," says the old man, pulling out his wallet and finding a fading photo of a player in a yellow sweater. And so the secret is revealed: 30 years ago, he watched an actual ice game. "Thanks dad," says the son, as an overture does well. To which Grandpa replies, never making eye contact with his son, "please my picture back."

"Thanks? What kind of dad waits until his

His son actually thanks him for living a lie? Folks have spent years on an analyst's couch for less.

son is pushing onto the hard hat—suggested when you were old, I did see one of your games, and maybe I didn't think of you as quite the disappointment I always told you were? And what kind of a son, an immigrant, that responds with "thanks?" Folks have spent years on an analyst's couch for less.

He's cold, but *Anti-Hockey Grandpa* could be genuine Canadian in charge, an absolute-culture doesn't normally acknowledge. Paul White, president of *Enterprise Creative Selling*, creator of the spot, insists that the story's immigrant differences speak to us, especially children of immigrants. "The

Grandpa character, according to White, represents a immigrant, small-business owner whose view is, "you work hard and you work fast, and that's what your life should be about."

After the emotion, 30 years later, that Grandpa wants his hockey game, "I will do it in a more poetic way, it would have been genuine," says White. "He wouldn't have told him that he went and he was late. Because it's the way that relationships with that culture from that generation."

"When you're there's been a huge response to the ad, with some people telling him that it makes them feel like someone was looking right into my family."

Victor Wong, executive director of the Chinese Canadian National Council, may be one of those. He thinks some immigrant parents are more influenced in their view of life than *Tim Hortons* Grandpa—but his son recalls a time when his father told his parents that they were worried that hockey of his sons were about his favorite sport, hockey. His parents took it as a struggle. Wong was doing well in school. "But if you interview more 'Canadian-born,'" he says, referring to Chinese born in Canada, "they'll relay their own hockey story to you. They'll have one."

Which still leaves us with questions: If Grandfather was so opposed to hockey, how did he end up playing? Who bought him equipment? Was *Anti-Hockey Grandpa* married to *Hockey Grandpa*? We may never know. White says there are no plans for a sequel. ■



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STOP THE PRESSES: NO NEED TO TOUGH IT OUT

Two recent culinary overhauls in newspapers: "A recipe in the Feb. 11 Food section included an instruction cooking rice for caribou (a browned beef with onions and potatoes)." The July 10th edition of the Feb. 11 News, not 10 to 20 minutes. —*Washington Post*
"A recipe last Wednesday for antacid milkshakes the amount of milk to be added to the milk. It is one or two-cup milk, not one or two cups." —*New York Times*



WITH BILL GAULEY first started his toilet testing, manufacturers threatened to sue. Now they actively try to get on his approved list.

'Some really expensive toilets are terrible'

Before you buy a new low-flow toilet you might want to check out Bill Gauley's rating

BY JOHN EUSTICE • Squaring in his Mississippi, Oni-listed lab—which is more of a crisscrossed, dusty warehouse than a genuine place of serious science—Bill Gauley is deep-frying his batch of toilet flushes, one pedal to consider a toilet. "I don't have a creepy job," he begins. "Seriously, I don't." Actually, he does. Gauley, who has a Ph.D. in engineering, tests toilets. In fact, the test he developed has been adopted as an industry standard for gauging the efficiency of low-flow toilets.

Gauley, a waste management specialist, got into the toilet game in 2001 after challenging the U.S. National Association of Home Builders on their toilet test—a ranking then based on how well toilets flushed floating sponges. "It wasn't representative," says Gauley, the 46-year-old principal of Verotec Consulting Inc. "You wouldn't buy a bulletproof vest that had been tested using golf balls." The NAHB agreed with his logic, and Gauley's Verotec, sold here to create a better test.

His job finds a new, reliable sample. Gauley started by flushing a variety of things down the chute—industrial waste, crushed porcelain, Cheerios and ripe bananas—before discovering the perfect midway waste up primality of soybean cake. "When we first went to the company that imports the food and added about 100 lb. of the soy cake like 'Holy smokes, how many restaurants do you own?'" says Gauley. "When I told him that I wanted to use it as fake human feces, he didn't want to sell it to us. I was surprised." Imagine hearing that the down-the-chute someone could find to human shit is your boss. So he had to sign a contract stating that we wouldn't call the press by its real name and that we'd recycle again in 12 years. My boss inspired more than 1,200 lb. of the stuff.

To pass the "maximum performance" test, a toilet must successfully dispose in a single flush of at least 250 g [determined by aver-

aging to men's maximum "deposit"] of passive conditions full—and four stratched up balls of one-ply toilet paper (24 sheets). "This isn't the stuff you'd flush in your house," says Gauley. "It's the strongest single-ply you can find." The conference—well, because they are the thinnest membrane he could find and they reduced noise—are tied with rubber string at each end to stop leakage. He catches the samples in a basin, each one lasts between 30 and 100 flushes.

Originally, Gauley coached the test for several municipalities in Canada and the U.S. that paid for it to determine which toilet

The old test didn't cut it. 'You wouldn't buy a bulletproof vest that had been tested using golf balls.'

they would offer rebates on. "When it came out, some manufacturers threatened to sue us," he says. "But it's hard to argue with our method—right? It won't hang before manufacturers started to pay for the testing with the hope of getting on Gauley's approved list. His most recent report, released last month, includes the test results of more than 300 low-flow, star-kissed toilets. "Price doesn't make any difference," he says. "Some really expensive toilets are terrible."

Gauley is currently working on a program—similar to Energy Star on appliances—that would label toilets so consumers could eas-

ily recognize top performers. "Manufacturers produce 30 or 40 different toilets but only send in the 10 they know will pass our test and not the other ones," he says. "When a homeowner goes to buy a toilet they may pick a company that's on the report, but not the model, and it might not work as well."

So what type of toilet does he have in his own home? Gauley hesitates a moment. He says he never recommends specific units or brands. He is, however, willing to say that Verotec's choice of choice—a Japanese manufacturer with a celebrity clientele that includes Brad Pitt, Cameron Diaz and Will Smith.

"It's all about performance," he says. Gauley, who talks about toilets the way a wine connoisseur discusses vintages, regularly speaks at conferences. "You should see how fast people pump out of the front row," he laughs. And though he doesn't take the toilet testing part of his job too seriously (it amounts to about 10 percent of Verotec's business), he gets riled up about the fact that water wasting toilets are still available in Canada. "It's not as if it'll be taking our necks out by requiring stellar toilets—everyone else has done it," he says. "Canada is one of the worst industrialized countries for wasting water. The thing is, when you have an efficient shower head, you're going to feel less water and it might take longer to get clean. You don't feel any difference with a toilet. You flush it the same way and walk away." ■



WHAT THEY GOT FOR IT... A CHAT WITH THE PREZ

The daughter of divorced U.S. lobbyist Jack Abramoff has already provided several useful insights into the ways of U.S. politics, and now it has established a name for itself by meeting with the U.S. president. Last week, former Malaysian prime minister Mahatira Mohamad met Abramoff's wife just 15.5 million miles away at Oval Office meeting for him with George W. Bush in May 2002. No word on whether the prime instructed aides.

PHOTOGRAPH BY MICHAEL M. ROSE

Starlight Starbright Smile Therapies

Right now, Michaela is too busy picking out her prettiest tiara to think about her cerebral palsy.



For a long time now, Michaela's friends have for cerebral palsy have been for them royal. At Starlight Starbright Children's Foundation felt it was high time she felt like a princess again. As part of the foundation's 'Smile Therapy' program, Michaela was granted her very own dream-come-true — to have breakfast at Cinderella's castle at Walt Disney World®. As she sat down in her sparkliest gown with all of the other princesses the last thing on Michaela's mind was her illness.

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Helping sick children, one smile at a time



When guests pay for a home-cooked meal, it puts a new level of pressure on the host

L—BLIND RESTAURANTS
 I had "blind" restaurant, opens this week in
 and on a similar outlet in Paris. Patrons are
 room, a glimpse intended, according to the
 rate, to "enable and train your senses as you
 see, flavors and textures." The waiters who
 sit at tables through the black interior simply
 signal—they're actually usually required,

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London
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Dance to Now, a so-called "black" restaurant, opens this week in London, England, based on a similar outlet in Paris. Patrons are served at a pitch-black room, a gimmick intended, according to the restaurant's press release, to "waken and train your senses as you enjoy the foods, wines, flowers and textures." The waiters who lead customers to their tables through the black interior already have the correct directions memorized and will, of course, remain unseen.

This first food memoir, or "raconte" as food-blogging parlance, was taking Pillsbury crescent rolls as a child.

He speaks fluently of the Chinese meals his father, Theodore, prepared for the family. But when it comes to his love of food, he's a little disappointed: "I was a little disappointed that my father, who was taking Pillsbury crescent rolls as a child."

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Fat men? In hats? Deal me in



SCOTT FOSSBERG

Just between you and me, I'm a little disappointed these days in my brain. So many of the great works of fiction contain serious bits of the mystery of the universe, and I'm not sure I can handle my comprehension. And yet here I am, bawled-out again and again by the television, a captive of one of the most depressing trends to sweep like a pandemic across the TV dial since a local weatherman turned to a news anchor and presented the Word, Right, Healed! Buter that's so beloved and inspired it makes you want to kill yourself—or, more accurately, them.

The trend that has my remote control churning in its dithering features again pretty, unattractive men who are inexplicably motivated to wear cowboy hats and sunglasses indoors. It also occurs... (first a minute) Did you say fat men? Or, more accurately, deal me in. My name is Scott and I'm a professional, tirelessly but most of all utterly easily-to-relevant poker.

Poker is "in" these days in the way that only a certain celebrating audience between capable of trading families again can be "in." You can tell it's "in" because in the time it will take you to read this sentence, approximately 41 more "poker is 'in'" books will be published. (That, in turn, means that poker is about to be "out," possibly to be replaced on TV by blackpink or coin flipping.) Unlike a slow turn, you, as no longer need to wear the dusty shovels of dollar-store found-poker chips. Nowadays, even old men will sell you a collection of dollar-store chips in a long thin bag. Sadly, you will have to purchase these secretly and apply to the local five-star athletic ranch, via, Apparently I Am That Teddy.

But the question is: why play poker at all and risk losing money when you can watch poker on TV and instead lose only large chunks of your life? Televised poker now drops up the minute's sports networks and other specialty channels, such as the Game Show Network and the City, You're a Big Fat Loser Network, which currently exists only as my head but pretty much sums up my evening habits. This game is presented under such rules as The World Poker Tour, The World Series of Poker (which is a combination with The Stanley Cup of Hockey) and Celebrity Poker Showdown, which has come to serve as a beacon to "my network" of 10 live shows, making them with the hope that one day the clip will come to play Texas hold'em on TV and so the fix back from fact of life—and on that fine day, my

friend, they will no longer have to wish Vin Diesel's car for Texas money.

If you've never watched televised poker, you and your brain don't know what you're missing! Where else can you spend hours just sitting upon five-party guys who exhibit the colorful characters of a chess board, playing a game of cards whose outcome is primarily a function of luck while simultaneously watching G-String appeal from the 1950s? Not hooked yet? Sometimes there are thousands of shirts! The gaming imperative of more play-entertainment is to Go. I'm not getting caught and my guess is that if I'm going to be on TV, I've really got to look up a coach.

Generally speaking, most of these poker games are almost as exciting to witness as certain types of games. The players are, in fact, fiddling with their chips or spilling material, at the cards on the table. The historical consciousness of these things, "Huh on a bank draw, and the river brings a diamond!" Once every so often, but not often

Why play real poker and risk losing money when you can watch poker on TV and lose only large chunks of your life

enough, a severely dull witness brings the characters and visual relief.

But what's really capital about televised poker, and what makes it so mind-blowingly compelling to the devoted human brain, is the fact of the New York Times, just the week of a game of cards being played on television, despite the fact that some of the participants have been dead. And now, the course has been a dud, but so the previous 41 hands have been a dud. But the next hand? Golly, doesn't that sound like the Greatest and Most Exciting Hand of Poker ever played. Riches could be won. Futures could be ahead. Let's likely but still possible, proper shares of hypnosis could be passed by the participants. And that next hand is coming up as just a moment! Don't turn away now or you're going to miss it! TV poker is never unexciting, but it always seems poised to entertain. This is its appeal. Like those who buy lottery tickets or drink James Watson, I live entirely to hope over experience. **M**

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VERY VEGAN

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and animal blood (yep, and flies,
but they've donated the enviro-
advertising that made them PETA
advocates). Now they market
themselves as haute couture. It's
paid off: Their line is worth \$1
million a year—and has become
by more than one Oscar winner

BRIGHT YOUNG THINGS

Winnipeggers have a
love/hate relationship
with their city—acrobats
24 next-generation
artists grapple with
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In the world of soap, mortality
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after he "died" in a boat
explosion, repr. agent Robert
Scorpio (Hinson Rager) is back
on *General Hospital*,
complete
with his old
love Holly

THE JAZZ EGG

Bernie's Bubb's show should blend
jazz with world music, but
it's the Cream of the Egg—high-
end jazz piano trio—compered
by moody Arabic strings

WHALES, ELEPHANTS AND CHEETAHS, OH MY!

Canadian photographer Greg
Gibson's interaction with
whales, elephants and cheetahs
are so surreal, you'd think they
were staged—except he wasn't.
Adele and Snow is currently in
Los Angeles, but you can catch
it online at www.adelesnow.com
or www.greggibson.com



SMART-TEES

T-shirts are the new canvas for many young designers, and the website Threadless.com is one of the medium's best galleries. Threadless
is both a store and a competition, where winning designs go
printed and put up for sale (like one recent T-shirt called
Napoleon Bonaparte—a cartoonish picture of Napoleon
and the French flag in the colors of his flag).

FORTUNE BY TOMMY LEE JONES

Hollywood's most notorious
mean director stars in *The
Thin Redline of Mississippi*
Eli—aka a Texas rancher whose
friendship with a negro
border guard. He takes up
the guard, forces him to dig up
his victim, and lug
the body back to
his Mexican home



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WICKED HIGH STORY

Even the most modest will be
bowed over by Caribbean-born
Tobias Buckell's *Crystal Kaine*—
a tale of downtrodden warriors
dedicating their families from
African spirits who have en-
sconced in the Wicked
High. Must-
see to look for
human hearts
for their sheer
audacity. Wil-
liam, performed
completely
readable

INTRODUCING ELVIS PRESLEY

New on DVD is the 50th an-
niversary edition of *Elvis's* first
movie, *Love Me Tender*—West-
ern that was never
intended to be
a musical, let
alone one with
guitaring
hops. This
wasn't an act,
showing leading
man dates with
Richard Egan

WHAT A BUNCH OF NIPPES

For those nostalgic about the ar-
ty *Podolski* neighborhood of
Toronto—its university and law
firms from 1968 to 1975—check
out the stage production of *The
Podolski Project* at the city's The
atre Passe Muraille



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for \$150/day (but he wanted \$1
more, Cuba, only about the vi-
sion is there, and looks much
in advance. And it's low hills
(think hats and outcasts)



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SANDRA DEVLIN

1946-2006

Genealogy was her obsession, and her own evolved. 'She had two husbands, and a few others unofficially.'

Sandra Devlin (née Hoodless) was born on the cold morning of Nov. 28, 1946, in Saint John, N.B. She was the first child of Harold and Ellen Mills Hoodless, and the seventh generation of her Maricane family, many of whom were in furries. Soon after Sandra began a dangerous milk allergy during the first months of her life, her parents moved the family to Moncton. Six years later, Harold and Ellen, both accountants, had a son, Michael.

As a child, Sandra was diligent, with blond pigtails and a rapturous curiosity. She initiated on learning about Jack Frost, the mystery man who led the windows of their old house in Moncton. When her father explained winter-of-fairy, that Jack was an imaginary being, she rejected her newfound wisdom after monthly Sandra loved lacrosse, but didn't care about history except for when her grandmother Elsie Mills was around. They'd go up to the unadorned part of the house and rely through dusty trunk stuffed with old clothes and family pictures. Years after Elsie's death, Sandra would write in her last newspaper column that her grandmother's sense of family connectedness had flowed through to her "through some unexplainable process of genetic memory."

In 1966, Sandra landed her first job as a reporter for the *Daily Gleaner* in Moncton. Over the next 20 years, she wrote and edited for other newspapers in New Brunswick, for a brief time, northern Ontario. She went on to teach journalism at Holland College in Charlottetown, P.E.I., and won many awards, some for fiction writing and another for an exclusive interview with novelist Arthur Hailey.

Sandra found herself out of the newsroom and program in 1978. She'd married Donald Scott five years earlier in Moncton after they met in Bible school. (They had a daughter, Wooda Jay, and then in 1972, a son named Matthew Kenneth.) With no writing job, Sandra took to filling in the family tree of a whist book. But she stumbled on details such as the middle name of her grandmother, and took to the web on the dates when her ancestors were born and died. "Then they start to come alive to you," Sandra explained during a 2004 CBC interview. Her own genealogy became her passion. "She was visiting grandparents all over New Brunswick," says her brother Mike. She traced information going back to the 1500s (and compiled it in a book for Sandra and Michael for Christmas in 1997).

Amused that time, Sandra decided to become a full-time genealogist. In the years since she and Elsie devoted up in their relatives' genealogy, Sandra had her own loved ones. Sandra's grandparents, high school friends and a first-rate nurse passed away when

she was still growing up. By 1964, she and Don had separated, and they divorced a few years later. Genealogy partly became a way of "making sure that people did remain alive," believes Sandra.

In her small home office with one window, Sandra worked at a wooden desk swathed in loose-leaf papers, history books and census records. Framed family photos hung on the walls. Sandra quickly became an expert, and her self-syndicated column "Missing Links" was published in more than 27 newspapers in Atlantic Canada. (She also wrote a weekly opinion column, "In Other Words," for Charlotte's *Guardian*.) Readers swarmed her with requests for help in

tracing their own roots, and she was routinely spending no groups around the world. "She introduced a lot of interest in the general public that were not widely known," says Sharon Sengupta of Wilkes, Mass., who became Sandra's "niece of the heart" after they discussed migration patterns between the Maritimes and New England.

Sandra's own genealogy continued to evolve. "She had two husbands and a few others unofficially," notes Sandra. She married Rodney Devlin, a genealogist and friend of her father, only several months after they met in 1995. Sandra dropped his surname and uncovered a 1940s murder in Starnwood, Que., which became the basis for a true-crime novel she'd never finish. She became a grandmother. In 1998, Rodney passed away from brain cancer, and a year later, Sandra's father died of complications from a sudden heart

attack. Over the last year, she loved her "sweetie," Michael Harpell, whom she first met at a teen dance. "She could do the old pro, and she never took a lesson," Michael says.

All her life, Sandra kept journals. So when she was diagnosed with terminal lung and spine cancer in September 2005, she continued to fill in family scribbles with personal reflections, medical information and funeral preparations. But she gave up her column. The pain made writing difficult, and Sandra refused to charge cost the fact that she was dying. "She felt that would be a betrayal of her journalistic principles," wrote her *Guardian* editor Gary MacDougall on grieving sessions, "the most basic of which is to tell the truth."

On the cold, rainy night of Feb. 1, 2006, Sandra Hoodless Devlin, 59, died of cancer at Moncton Hospital, surrounded by loved ones. Around the time of Don's death, Sandra had left an irrevocable will to visit Elmwood Cemetery in Moncton, where Elsie and other ancestors are buried. There she found the caretaker, who had just fired up two plots in the old section of the graveyard—beside her remains. She purchased the plots, and buried Rod there. Sandra will join him and her forebears under a maple tree. BY CATHY GULLI

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